

**Defense Centers of Excellence for
Psychological Health and Traumatic Brain Injury**

RESOURCE CATALOG



OCTOBER 2016



Feedback

Your feedback is important!
Help make this catalog better
by submitting comments via
ICE at go.usa.gov/c7tQx

WELCOME

Thank you for using the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Resource Catalog. This catalog offers information about resources produced by DCoE for use by health care providers, service members, veterans and military families. The catalog includes information about organizational programs, websites, educational materials, product fact sheets, clinical practice recommendations, posters, mobile applications and more.

The contents of this catalog impact the psychological health and traumatic brain injury (TBI) medical treatment, care and advocacy of our nation's warriors and their families. We encourage you to explore the broad range of resources available and, of course, share with all who may find them useful.

NEW THIS MONTH

Product listings are unchanged from the previous month.



Mission

Improve the lives of our nation's service members, veterans and their families by advancing excellence in psychological health and traumatic brain injury prevention and care.

ABOUT DCoE

The DCoE vision is to lead profound improvements in psychological health and TBI prevention and care. As a part of the Defense Health Agency (DHA), DCoE is uniquely positioned to achieve this vision by collaborating across the Defense Department, Department of Veterans Affairs and other agencies to provide clinical expertise, drive policy and influence health outcomes in the Military Health System.

DCoE is comprised of three centers – the Deployment Health Clinical Center (DHCC), Defense and Veterans Brain Injury Center (DVBIC) and National Center for Telehealth and Technology (T2) – that work together to influence the evaluation, treatment and quality of care provided to patients with a psychological health and/or TBI diagnoses. To learn more about DCoE, visit www.dcoe.mil

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Organizational Information and Programs

DCoE and the Centers



Organizational Information and Programs

DCOE FACT SHEET

Product Description:

- Fact sheet with brief description of DCoE and centers

Additional Information:

- Download: http://dcoe.mil/Libraries/Documents/About_DCoE.pdf

Audience:

- All audiences

Format:

- Fact sheet



The fact sheet features the DCoE logo at the top, which includes a globe and three stars. Below the logo, the text reads "DEFENSE CENTERS OF EXCELLENCE For Psychological Health & Traumatic Brain Injury". The "MISSION" section states: "The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's service members, veterans and their families by advancing excellence in psychological health and traumatic brain injury prevention and care." The "VISION" section states: "To be the leader of profound improvements in psychological health and traumatic brain injury prevention and care." A central paragraph says: "DCoE oversees three centers, each of which contributes unique insights, standards, clinical tools and research products to the fields of psychological health and traumatic brain injury." The "Defense and Veterans Brain Injury Center" section describes DVBIC as the TBI operational component of DCoE, serving active-duty military, veterans, and their families through clinical care, research, and education. It mentions collaboration with the Defense Department, VA, and other partners. The DVBIC logo is shown to the right. At the bottom, the words "excellence", "integrity", and "teamwork" are displayed in a stylized font.

DCOE OUTREACH CENTER

Product Description:

- Provides custom information and support related to psychological health and TBI concerns
- Staffed 24/7 by trained health resource consultants

Additional Information:

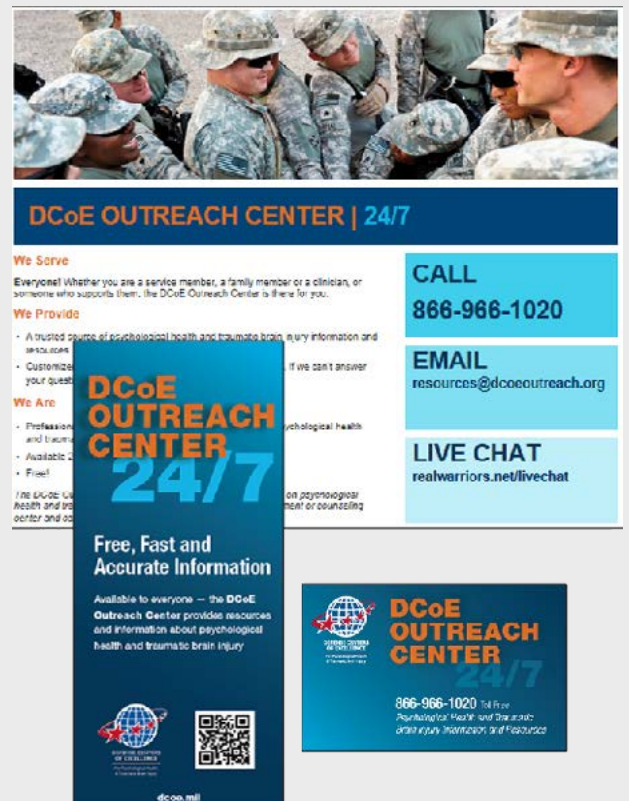
- Website: <http://dcoe.mil/Families/Help.aspx>
- Online Chat: <http://realwarriors.net/livechat>
- Email: resources@dcoeoutreach.org
- Phone: 866-966-1020

Audience:

- All audiences

Format:

- Call center, website and online chat



The outreach center graphic features a photo of soldiers in a huddle at the top. Below the photo, the text reads "DCoE OUTREACH CENTER | 24/7". The "We Serve" section states: "Everyone! Whether you are a service member, a family member or a clinician, or someone who supports them, the DCoE Outreach Center is here for you." The "We Provide" section lists: "A trusted source of psychological health and traumatic brain injury information and services", "Customize your quest if we can't answer", and "Free!". The "We Are" section lists: "Profession and team", "Available 24/7", and "Free!". The "Free, Fast and Accurate Information" section states: "Available to everyone — the DCoE Outreach Center provides resources and information about psychological health and traumatic brain injury." A QR code and the DCoE logo are at the bottom. On the right, there are three contact options: "CALL 866-966-1020", "EMAIL resources@dcoeoutreach.org", and "LIVE CHAT realwarriors.net/livechat". A smaller version of the outreach center graphic is shown at the bottom right.

Organizational Information and Programs

DCoE WEBINAR SERIES

Product Description:

- Monthly webinars provide information on a variety of topics related to psychological health, TBI and program evaluation; many provide continuing education credit
- Past DCoE webinars can be viewed on the DCoE YouTube channel
- Series flier is updated regularly, always check DCoE website for most current schedule

Additional Information:

- Website: http://dcoe.mil/Training/Monthly_Webinars.aspx
- YouTube: <http://www.youtube.com/dcoepage>

Audience:

- All audiences (Targeted specifically for health care providers and specialists)

Format:

- Webinar

PSYCHOLOGICAL POWER	STRATEGIC BEST PRACTICES	PROGRAM EVALUATION
APR 29 100-100 Surviving Patients of Combat Trauma in the Theaters of Psychological Stress Disorder	MAY 04 100-100 Do Head Injuries Cause Chronic Traumatic Encephalopathy?	APR 29 100-100 Understanding Service Dogs
MAY 05 100-100 Literature Review on Treatments in the Military	MAY 11 100-100 Concussion and Return to Work	MAY 11 100-100 Program Evaluation in the Health Services and Service Members
MAY 11 100-100 Deployment-related Co-occurring PTSD and TBI in Service Members	MAY 18 100-100 Management of Coup-Induced Intra-axial Hemorrhage	MAY 18 100-100 Data Collection in Program Evaluation: How to Ensure Quality and Timeliness
MAY 18 100-100 Development of Social Assessment Criteria	MAY 25 100-100 Management of Headache Following Concussion: Guidance for Primary Care Management	MAY 25 100-100 Understanding Operating Cost Data: Business Case and Cost Analysis
MAY 25 100-100 Predicting Help-Seeking Outcomes for Mental Health Concerns	MAY 25 100-100 Not available	MAY 25 100-100 Program Evaluation Can Help You Address Customer Engagement Evaluation
MAY 25 100-100 Dietary, Caring, Behavioral, and Cognitive Assessment Methods and Considerations	MAY 25 100-100 Design of Rehabilitation in TBI: Applications in Military Service Members and Veterans	MAY 25 100-100 Understanding Operating Cost Data: Accounting of Direct and Indirect Costs
MAY 25 100-100 Technological Advances in the Treatment of Head Injury: Overview	MAY 25 100-100 Performance Time: Sleep, Attention, and Decision	MAY 25 100-100 Research Program Evaluation in Practice: Consideration Methods and Planning
MAY 25 100-100 Concussion Pathway	MAY 25 100-100 Complexity and Diagnostic Methods and TBI	MAY 25 100-100 Not available
MAY 25 100-100 Not available	MAY 25 100-100 Not available	MAY 25 100-100 Not available
OCT 12 100-100 Special Operations in PTSD: Symptoms and Treatment Approaches	OCT 12 100-100 Unique Practices for Military and Civilian TBI: Current Definitions and Coding Strategies	OCT 12 100-100 Not available
NOV 17 100-100 State of the Science on Building Resilience	NOV 17 100-100 Unique Trauma: Unique Role in Military TBI	NOV 17 100-100 Not available
DEC 15 100-100 Research Using Neuroimaging in the VA/DoD Clinical Practice Guidelines	DEC 15 100-100 Science of Attention in TBI Research	DEC 15 100-100 Not available

DCoE ONLINE

Product Description:

- Up-to-date information and resources related to psychological health and TBI, including products and training programs

Additional Information:

- Website: <http://dcoe.mil>
- Blog: dcoe.mil/blog
- DCoE News: dcoe.mil/RSSNews.rss.ashx
- Facebook: facebook.com/DCoEPage
- Twitter: twitter.com/DCoEPage
- Pinterest: pinterest.com/dcoepage
- YouTube: youtube.com/dcoepage
- SlideShare: slideshare.net/dcoepage
- Google+: plus.google.com/110842321794862483890/prsrc=3
- Storify: storify.com/DCoEPage/

Audience:

- All audiences

Format:

- Website and social media platforms

The screenshot shows the DCoE Online website interface. At the top, there is a navigation bar with tabs for 'Home', 'Psychological Health', 'Training & Events', 'Service Members & Families', 'Media & Resources', and 'Contact Us'. Below the navigation bar is a 'DCoE Social Media' section with icons for Facebook, YouTube, and Twitter, and a central 'DCoE Social Media' logo. To the right of this section is a 'Connect with DCoE Social Media for Mental Health, TBI Info' box with bullet points: 'Have questions about mental health and TBI? Social media is one place to:', 'Connect to others who are facing similar challenges', 'Get mental health and TBI resources and info', and 'Take part in discussions'. Below this is a 'Check out DCoE on these social media platforms and find out how they can benefit you.' section. The main content area features three columns: 'Deployment Health Clinical Center (DHCC)' with a sub-header 'DHCC works to improve psychological health and deployment-related health care for our nation's warriors and their families'; 'National Center for Telehealth and Technology' with a sub-header 'TC develops telehealth and technology solutions for psychological health and traumatic brain injury to improve the lives of our nation's warriors and their families'; and 'Defense and Veterans Brain Injury Center (DVBIC)' with a sub-header 'DVBIC serves military and family members with traumatic brain injuries through state-of-the-art clinical care, research, and education'. Below these columns are two boxes: 'DCoE Outreach Center 24/7' with contact info (888-996-1020, resources@dcoeoutreach.org, Live Chat) and 'Latest from DCoE' with links to 'Smart on DCoE Resources Getting Offers Easy Access to Programs, Tools', 'Student PTSD Myths Hurt You, Career', and 'Is This Behavior Normal? 3 Pairs for the Concerned Military Spouse'. At the bottom, there is a footer with 'Careers', 'Contact Us', 'Concept Submission Form', 'Sponsor's Notice', 'Site Map', 'Privacy and Security', 'Funding Opportunities', 'Fraudulent Information Act (FIM) Waiver', and 'No FEAR Act', 'Accessibility', 'External Link Disclaimer'.

Organizational Information and Programs

DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT (DODSER) WEBSITE

Product Description:

- Standardizes suicide surveillance efforts across the services (Air Force, Army, Marine Corps, and Navy) to support the DoD's suicide prevention mission
- Includes instructions, detailed coding guidance, a computer-based training program, and the DoDSER webform that collects the comprehensive information about the Service Member and the suicide event

Additional Information:

- Website: <https://dodser.t2.health.mil/>

Audience:

- Military medical program managers (Login required)

Format:

- Website



DHCC WEBSITE

Product Description:

- A gateway to information on psychological health care and prevention of psychological health disorders in the Military Health System

Additional Information:

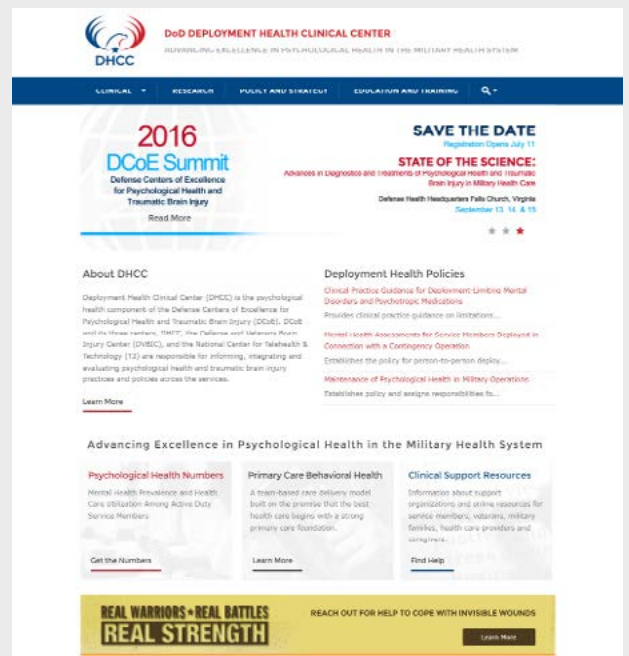
- Website: <http://www.pdhealth.mil>

Audience:

- All audiences (Targeted at health care providers and specialists)

Format:

- Website



Organizational Information and Programs

DVBIC FACT SHEET

Product Description:

- Provides an overview of DVBIC's care coordination, education, clinical care and research and network locations

Additional Information:

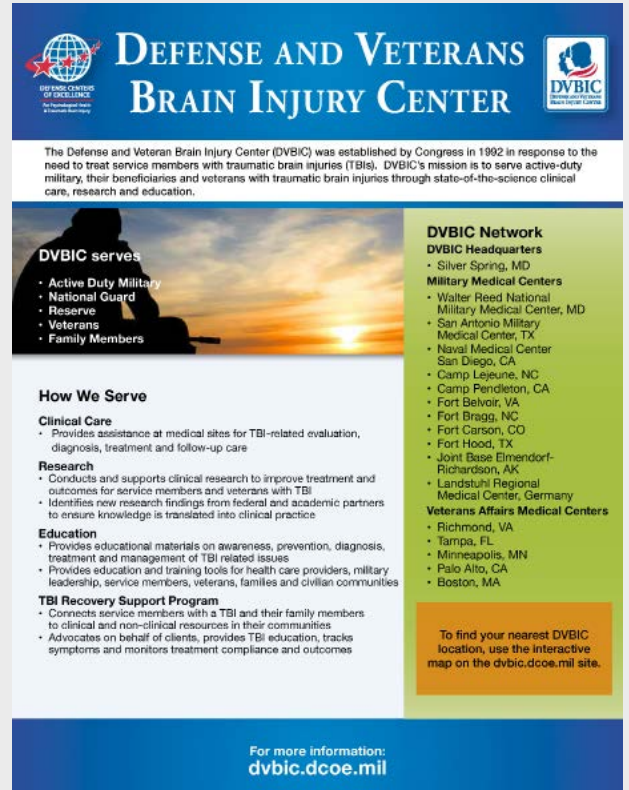
- Download: <http://dvbic.dcoe.mil/material/dvbic-fact-sheet>

Audience:

- All audiences

Format:

- Fact sheet



DEFENSE AND VETERANS BRAIN INJURY CENTER

The Defense and Veterans Brain Injury Center (DVBIC) was established by Congress in 1992 in response to the need to treat service members with traumatic brain injuries (TBIs). DVBIC's mission is to serve active-duty military, their beneficiaries and veterans with traumatic brain injuries through state-of-the-science clinical care, research and education.

DVBIC serves:

- Active Duty Military
- National Guard
- Reserve
- Veterans
- Family Members

How We Serve

Clinical Care

- Provides assistance at medical sites for TBI-related evaluation, diagnosis, treatment and follow-up care

Research

- Conducts and supports clinical research to improve treatment and outcomes for service members and veterans with TBI
- Identifies new research findings from federal and academic partners to ensure knowledge is translated into clinical practice

Education

- Provides educational materials on awareness, prevention, diagnosis, treatment and management of TBI related issues
- Provides education and training tools for health care providers, military leadership, service members, veterans, families and civilian communities
- Connects service members with a TBI and their family members to clinical and non-clinical resources in their communities
- Advocates on behalf of clients, provides TBI education, tracks symptoms and monitors treatment compliance and outcomes

TBI Recovery Support Program

- Connects service members with a TBI and their family members to clinical and non-clinical resources in their communities
- Advocates on behalf of clients, provides TBI education, tracks symptoms and monitors treatment compliance and outcomes

DVBIC Network

DVBIC Headquarters

- Silver Spring, MD

Military Medical Centers

- Walter Reed National Military Medical Center, MD
- San Antonio Military Medical Center, TX
- Naval Medical Center San Diego, CA
- Camp Lejeune, NC
- Camp Pendleton, CA
- Fort Belvoir, VA
- Fort Bragg, NC
- Fort Carson, CO
- Fort Hood, TX
- Joint Base Elmendorf-Richardson, AK
- Landstuhl Regional Medical Center, Germany

Veterans Affairs Medical Centers

- Richmond, VA
- Tampa, FL
- Minneapolis, MN
- Palo Alto, CA
- Boston, MA

To find your nearest DVBIC location, use the interactive map on the dvbic.dcoe.mil site.

For more information: dvbic.dcoe.mil

DVBIC WEBSITE

Product Description:

- Up-to-date information and resources related to TBI

Additional Information:

- Website: <http://dvbic.dcoe.mil>
- Facebook: <http://www.facebook.com/DVBICpage>

Audience:

- All audiences

Format:

- Website and social media platform



DEFENSE AND VETERANS BRAIN INJURY CENTER

Home | Contact Us | Facebook

Service Members & Veterans | Family & Friends | Medical Providers | About DVBIC & TBI | Educational Materials | Research | DVBIC Locations | Press

WE ARE SOCIAL!

Find us on Facebook and share with your community

Like DVBIC on Facebook

Follow us for news, information and resources on traumatic brain injury.

Find a DVBIC location near you

Download and order materials

TBI Community

DVBIC works closely with its partners and collaborators.

HEAR FOR THE FUTURE

Learn how to recognize, prevent and recover from TBI.

Webinar Series

DVBIC hosts a monthly TBI webinar series.

Crisis Intervention (24/7)

U.S. Department of Veterans Affairs (VA)

Subtle Promotions hotline 1-800-273-8255

DoD Numbers for TBI

Worldwide numbers for service members diagnosed with TBI since 2000.

Featured Materials

Concussion Signs and Symptoms Fact Sheet (English)

Addressing Family Needs

DCoE Blog TBI Highlights

8 Resources to Help You Talk with Kids about Brain Injury, Mental Health

Expert Offers TBI

Organizational Information and Programs

PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY PROGRAM EVALUATION & IMPROVEMENT WEBPAGE

Product Description:

- Program evaluation enables continuous improvement and helps achieve better service quality and outcomes
- DCoE conducts psychological health and TBI program evaluation studies; provides support through training, toolkits, etc.; and submits reports to stakeholders

Additional Information:

- Download: http://www.dcoe.mil/About_DCoE/Program_Evaluation/2015_Resources_and_Training.aspx
- Website: http://www.dcoe.mil/About_DCoE/Program_Evaluation.aspx
- PEI YouTube Channel: https://www.youtube.com/playlist?list=PLgD_IzCQbILpE-Ukt7S97DvomVqKGG_vl

Audience:

- Military medical program managers

Format:

- Website, booklet and training videos

T2 BEHAVIORAL HEALTH TECH REVIEW NEWSLETTER

Product Description:

- A quarterly publication with information about existing and new innovative technologies which support the treatment of behavioral health patients

Additional Information:

- Download: <http://t2health.dcoe.mil/newsletter>

Audience:

- Military leaders, health care providers and technology collaborators

Format:

- Newsletter

Organizational Information and Programs

T2 WEBSITE

Product Description:

- Mobile health and telehealth resources related to psychological health and TBI

Additional Information:

- Website: <http://t2health.dcoe.mil>
- Facebook: <http://www.facebook.com/T2Health>
- Twitter: http://twitter.com/intent/user?screen_name=T2Health
- LinkedIn: <http://www.linkedin.com/company/national-center-for-telehealth-&-technology>
- YouTube: <http://www.youtube.com/user/TelehealthTechVids>

Audience:

- All audiences

Format:

- Website and social media platforms

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

HOME ABOUT PORTFOLIO MEDIA CONTACT

Search www.t2health.mil

Promote Your Parenting!
Take the free online course today.

PARENTING
For Service Members and Veterans

T2 Feature News

The National Center for Telehealth & Technology (T2) was honored today by a visit from Medal of Honor recipient US Army Staff Sergeant Ty Carter. He visited T2 to get an inside look at our technology which supports soldiers and their families with post-traumatic stress, traumatic brain injury (TBI) and other behavioral health issues. In addition to taking a tour and spending some hands-on time with our apps, he took a few minutes to share his comments and his appreciation of our work with T2 staff. Staff Sgt. Carter encouraged us to continue our work in technology and never to lose sight of the need to overcome the obstacles to care, such as stigma and lack of convenient access. He strongly suggested that removing the 'D' from PTSD would go a long way in helping soldiers seek the care they need. (October 25, 2013)

POPULAR ARTICLES

- New Mobile App Helps Troops to Self-Manage Behavior, Stress
- PTSD Coach Mobile App wins the ATA President's Award for Innovation
- DoD Website Connects Military Kids
- FE Coach on the Pentagon Channel
- T2 Treatments for PTSD Get Visual
- Military, VA release New Mobile App for PTSD Therapy
- Site keeps Kids Connected with Deployed Parents
- Mind Over Matter? At T2 the Two Work

Resources for Service Members and Veterans

Military Family Resources



Resources for Service Members and Veterans: Military Family Resources

FAMILY NEEDS LINE – A PARENT’S GUIDE TO RETURNING YOUR CHILD TO SCHOOL AFTER A CONCUSSION

Product Description:

- Guide offers practical advice to parents on how to recognize the signs and symptoms of a concussion, information on treatment and recovery, and what a parent can do to support a child’s recovery and successful return to school

Additional Information:

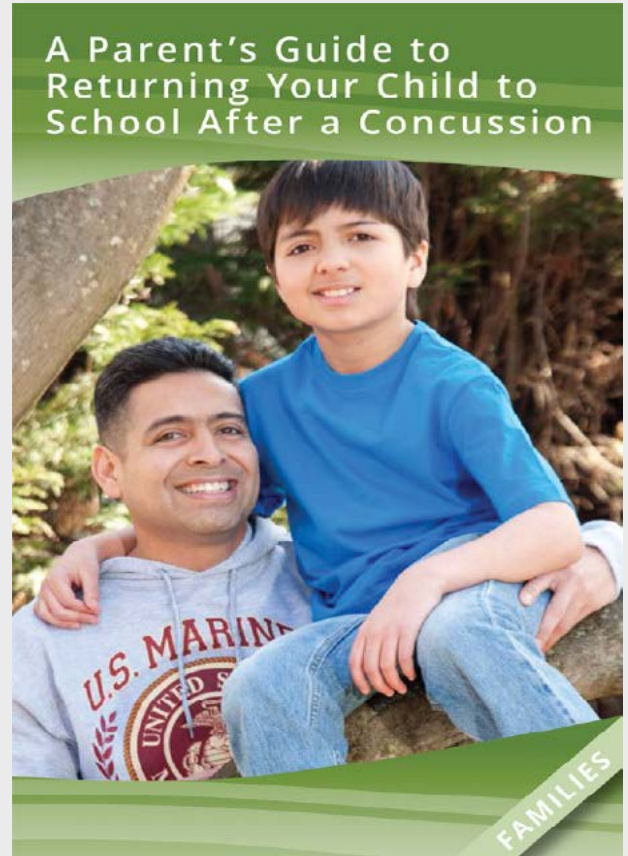
- Download: <https://dvbic.dcoe.mil/material/parental-guide-returning-your-child-school-after-concussion>

Audience:

- Military families and caregivers

Format:

- Booklet



FAMILY NEEDS LINE – ADDRESSING FAMILY NEEDS

Product Description:

- Provides tips and guidance regarding care of a service member or veteran with a TBI
- Booklet highlights:
 - Building stronger family ties
 - Improving communication
 - Transitioning home
 - Driving after a TBI
 - Avoiding substance abuse

Additional Information:

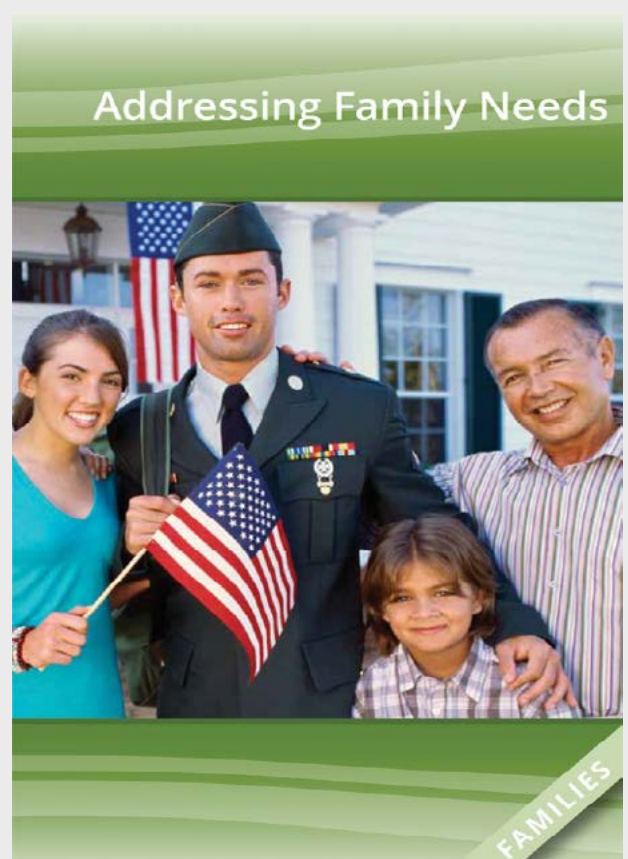
- Download: <https://dvbic.dcoe.mil/material/addressing-family-needs>

Audience:

- Military families and caregivers

Format:

- Booklet



Resources for Service Members and Veterans: Military Family Resources

FAMILY NEEDS LINE – TAKING CARE OF YOURSELF WHILE CARING FOR OTHERS

Product Description:

- Provides coping techniques for managing stress, anxiety or sadness; includes links for additional information
- Includes tips regarding: emotional health, sleep, diet, exercise and strategies for self-care

Additional Information:

- Download: <https://dvbic.dcoe.mil/material/taking-care-yourself-while-caring-others>

Audience:

- Military families and caregivers

Format:

- Booklet



FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT MODERATE OR SEVERE TBI

Product Description:

- Provides essential tips on how to talk with children about what a moderate or severe TBI is and how to cope with changes in their loved one
- Booklet offers communication techniques to help explain the effects of a moderate or severe TBI to children in a way they can understand; includes tips for every age group, from toddlers to teens

Additional Information:

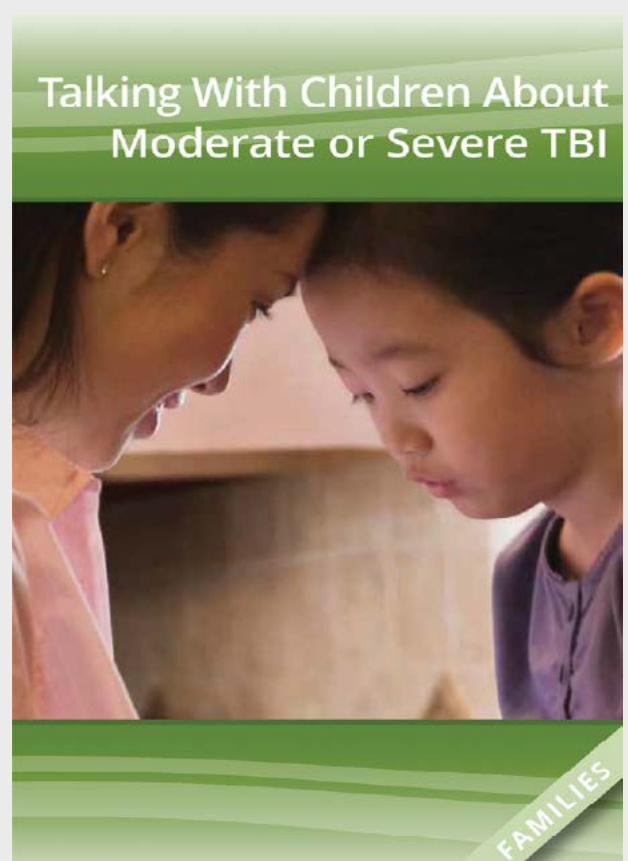
- Download: <https://dvbic.dcoe.mil/material/talking-children-about-moderate-or-severe-tbi>

Audience:

- Military families

Format:

- Booklet



Resources for Service Members and Veterans: Military Family Resources

FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT TBI

Product Description:

- Booklet offers communication techniques to help explain the effects of TBI to children in a way they can understand, and includes tips for every age group from toddlers to teens

Additional Information:

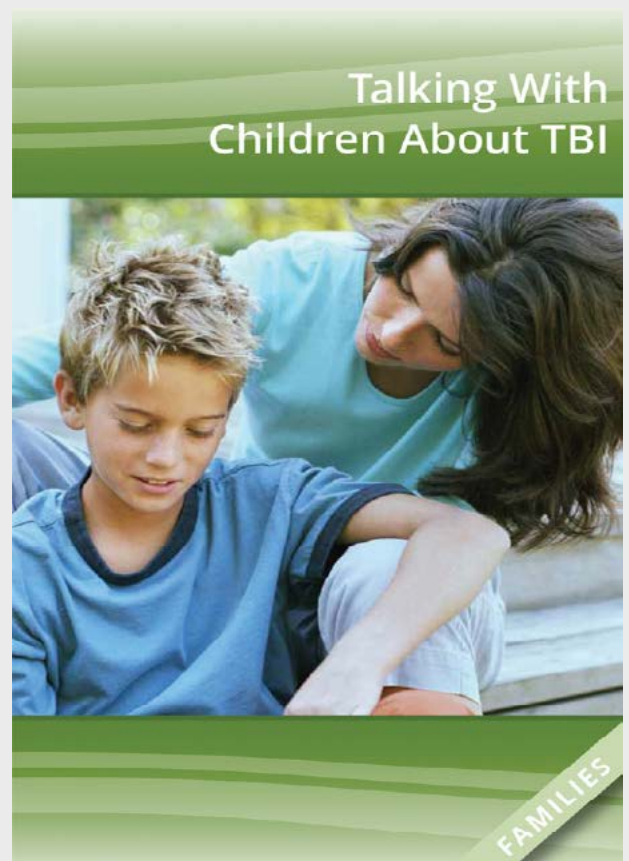
- Download: <https://dvbic.dcoe.mil/material/talking-children-about-tbi>

Audience:

- Military families

Format:

- Booklet



MILITARY KIDS CONNECT

Product Description:

- Online community that offers age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return
- Includes informative activities, fun games and helpful videos

Additional Information:

- Website: <http://militarykidsconnect.dcoe.mil>
- Facebook: <http://www.facebook.com/MilitaryKidsConnect>
- Twitter: <http://twitter.com/MilKidsConnect>
- YouTube: <http://www.youtube.com/user/MilitaryKidsConnect>

Audience:

- Military children, service members, educators, parents and caregivers

Format:

- Website and social media platform

Awards:

- 2015 - "Communicator Award" from the Academy of Interactive and Visual Arts



Resources for Service Members and Veterans: Military Family Resources

SESAME STREET FOR MILITARY FAMILIES

Product Description:

- Extends Sesame Workshop's ongoing efforts to support service members and their families through a free, bilingual (English and Spanish) platform for families to create, communicate and stay connected
- Includes interactive tools for creating art, music, videos, letters, cards and notebooks help kids explore their emotions and encourage communication
- Provides resources for parents and caregivers to help children cope with challenging transitions

Additional Information:

- Website: <http://www.sesamestreetformilitaryfamilies.org/>
- Facebook: <https://facebook.com/SesameStreetForMilitaryFamilies>

Audience:

- Military families

Format:

- Website and social media platform



TRAUMATIC BRAIN INJURY: A GUIDE FOR CAREGIVERS OF SERVICE MEMBERS AND VETERANS

Product Description:

- Tools that provide information and support for caregivers of service members and veterans with moderate to severe TBI

Additional Information:

- Website: <http://dvbic.dcoe.mil/family-caregiver-curriculum>
- Download/Order:
 - Fact sheet: <https://dvbic.dcoe.mil/material/family-caregiver-fact-sheet>
 - Postcard: <https://dvbic.dcoe.mil/material/family-caregiver-postcards>

Audience:

- Military families and caregivers

Format:

- Booklet, fact sheet and postcard



Resources for Service Members and Veterans Psychological Health



Resources for Service Members and Veterans: Psychological Health

AFTERDEPLOYMENT

Product Description:

- Information and multimedia resources to address common psychological health concerns or challenges related to military deployments

Additional Information:

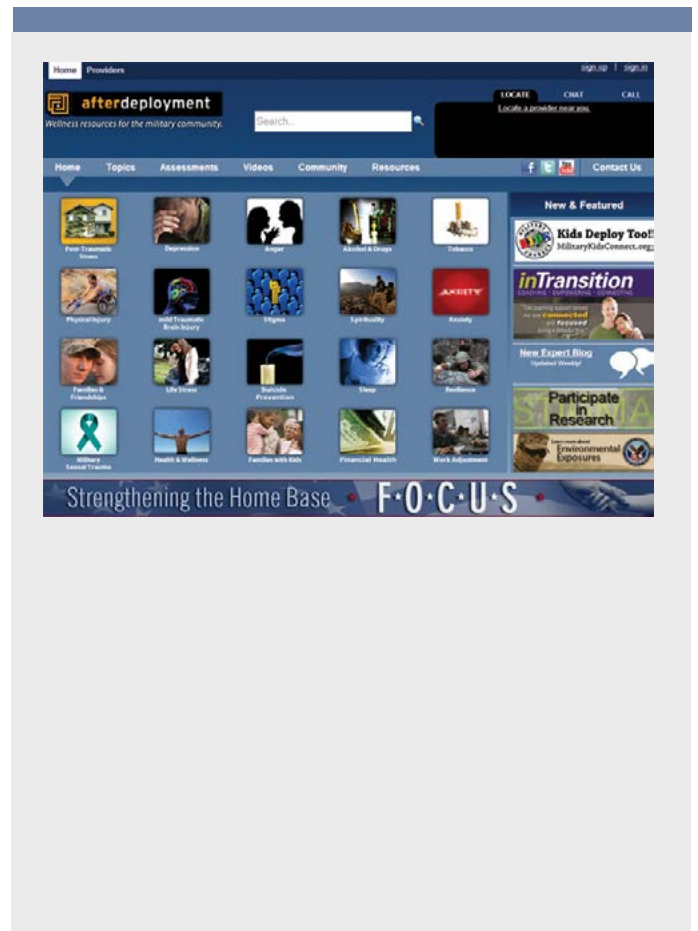
- Website: <http://afterdeployment.dcoe.mil>
- Facebook: <https://facebook.com/afterdeployment>
- Twitter: <https://twitter.com/afterdeployment>
- YouTube: <https://www.youtube.com/user/afterdeployment>

Audience:

- All audiences

Format:

- Website and social media platforms



BIOZEN MOBILE APPLICATION

Product Description:

- Portable, low-cost* method for clinicians and patients to gather biofeedback in and out of the military clinic
- BioZen shows real-time data from multiple body sensors

*Application requires purchase of compatible biosensor devices

Additional Information:

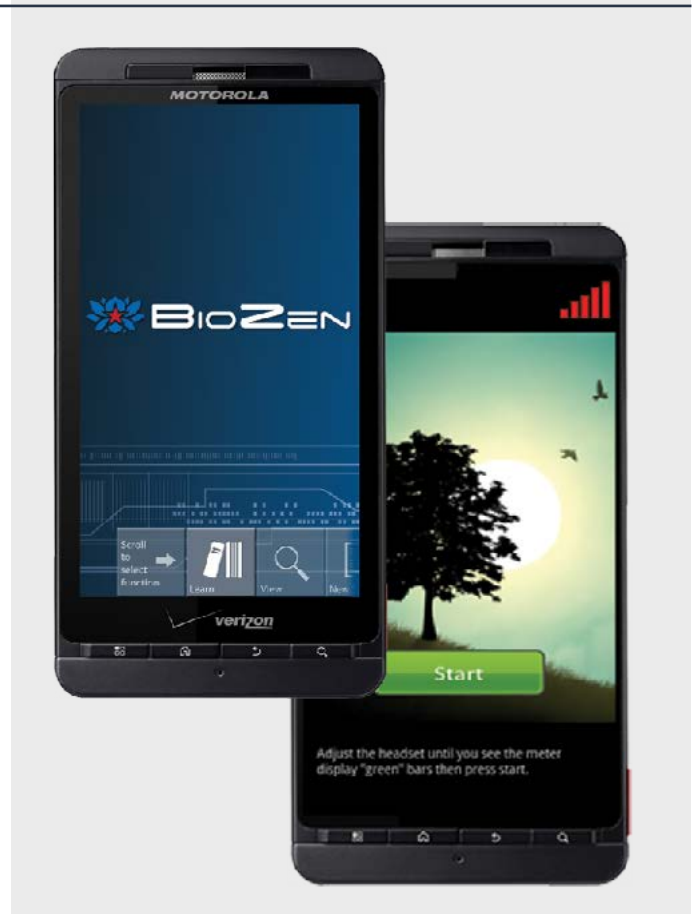
- Website: <http://t2health.dcoe.mil/apps/biozen>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=com.t2>

Audience:

- Health care providers and service members

Format:

- Android



Resources for Service Members and Veterans: Psychological Health

BREATHE2RELAX MOBILE APPLICATION

Product Description:

- Portable stress management tool used as a standalone stress reduction tool or in tandem with clinical care directed by a health care provider

Additional Information:

- Website: <http://t2health.dcoe.mil/apps/breathe2relax>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=org.t2health.breathe2relax>
 - iTunes: <https://itunes.apple.com/us/app/breathe2relax/id425720246>

Audience:

- All audiences

Format:

- Android and iOS



DREAM EZ MOBILE APPLICATION

Product Description:

- Uses principles from imagery rehearsal therapy for nightmare reduction to help users change their nightmares into less disturbing dreams so they can get a better night's sleep
- Helps users influence their dreams to get a better night's sleep

Additional Information:

- Website: <http://t2health.dcoe.mil/dream-ez>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=org.t2health.dream-ez>
 - iTunes: <https://itunes.apple.com/us/app/dream-ez/id1096134340>

Audience:

- All audiences

Format:

- Android and iOS



Resources for Service Members and Veterans: Psychological Health

INTRANSITION PROGRAM AND WEBSITE

Product Description:

- Program supports service members receiving mental health care as they transition between health care services or providers

Additional Information:

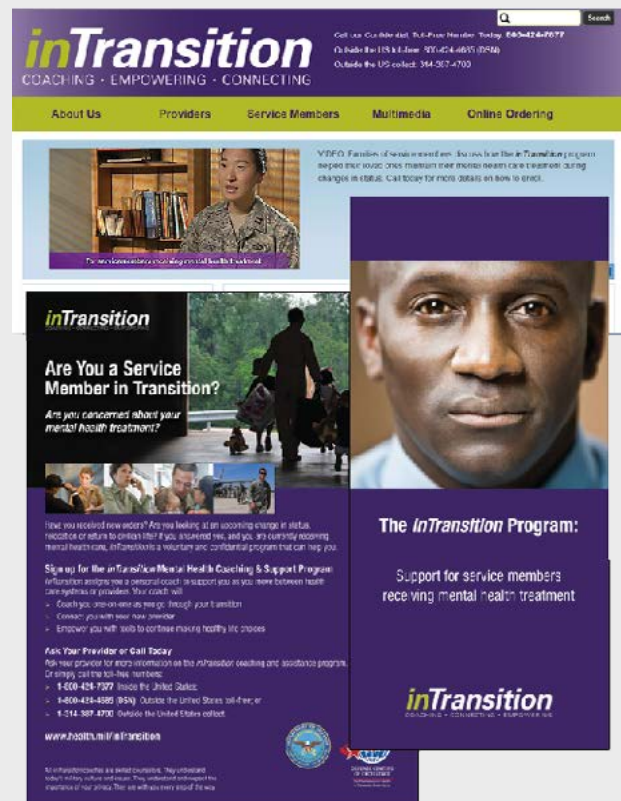
- Website: <http://intransition.dcoe.mil>
- Download: <http://intransition.dcoe.mil/Communications.aspx>
- Phone:
 - 800-424-7877 Inside the United States toll-free
 - 800-424-7877 Inside the United States toll-free
 - 800-424-4685 (DSN) Outside the United States toll-free
 - 314-387-4700 Outside the United States collect

Audience:

- All audiences

Format:

- Website, telephonic coaching service, brochure, flier and poster



LIFEARMOR MOBILE APPLICATION

Product Description:

- Provides information on 17 different topics related to post-deployment to include anger, stress and anxiety, and substance abuse
- Mobile companion to <http://afterdeployment.dcoe.mil>

Additional Information:

- Website: <http://t2health.dcoe.mil/apps/lifearmor>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=org.t2.adcompanion>
 - iTunes: <https://itunes.apple.com/us/app/life-armor/id499648341>

Audience:

- Service members, veterans and military families

Format:

- Android and iOS



Resources for Service Members and Veterans: Psychological Health

NAVY LEADERS GUIDE MOBILE APPLICATION

Product Description:

- Provides information on a range of topics including dealing with a sailor's substance abuse, rules for ordering a command directed evaluation, procedures for convening a medical board, resources for sailors dealing with sexual assault and how to support your personnel after the death of a shipmate

Additional Information:

- Website: <http://t2health.dcoe.mil/apps/navy-leaders-guide>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=com.t2.navyleadersguide>
 - iTunes: <https://itunes.apple.com/hk/app/navy-leaders-guide/id762950101>

Audience:

- Military leaders

Format:

- Android and iOS



POSITIVE ACTIVITY JACKPOT MOBILE APPLICATION

Product Description:

- Tool that uses augmented reality technology to combine a phone's location services and camera to find nearby enjoyable activities or pleasant diversions
- Uses "pleasant event scheduling," a common behavioral therapy element used in professional counseling
- Useful in helping people build resilience and deal effectively with depression

Additional Information:

- Website: <http://t2health.dcoe.mil/apps/positiveactivityjackpot>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=t2.paj>

Audience:

- Service members, veterans and civilians

Format:

- Android



Resources for Service Members and Veterans: Psychological Health

REAL WARRIORS CAMPAIGN

Product Description:

- Tools and resources developed to combat the stigma associated with seeking psychological health care, encourage service members to reach out for support and increase awareness of the resources available to them

Additional Information:

- Website: <http://realwarriors.net>
- Download: <http://realwarriors.net/materials>
- Facebook: <https://www.facebook.com/pages/Real-Warriors/61288747990>
- Twitter: <https://twitter.com/realwarriors>
- YouTube: <http://www.youtube.com/user/realwarriorscampaign>

Audience:

- All audiences

Format:

- Website, brochures, wallet cards, fact sheet and posters

Awards:

- View: <http://www.realwarriors.net/awards.php>



REAL WARRIORS 'SALUTING THOSE WHO SERVE' WEBSITE AND MOBILE APPLICATION

Product Description:

- The Real Warriors application and website provide an online photo-sharing service that offers peer support for warriors, veterans and military families
- Users can upload photos to the Wall, salute others and access 24/7/resources

Additional Information:

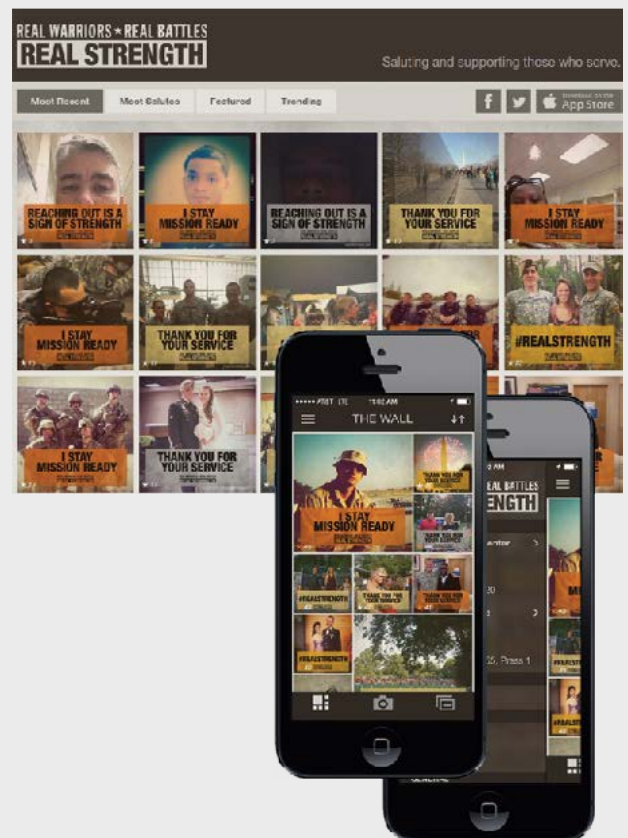
- Website: <https://realstrength.realwarriors.net>
- Download: <http://realwarriors.net/mobileapp.php>
- Facebook: <https://www.facebook.com/realwarriors>
- Twitter: <https://twitter.com/realwarriors>

Audience:

- All audiences

Format:

- iOS and website



Resources for Service Members and Veterans: Psychological Health

T2 MOOD TRACKER MOBILE APPLICATION

Product Description:

- Tool that enables users to self-monitor emotional experiences associated with common deployment-related behavioral health issues such as PTSD, brain injury, life stress, depression and anxiety

Additional Information:

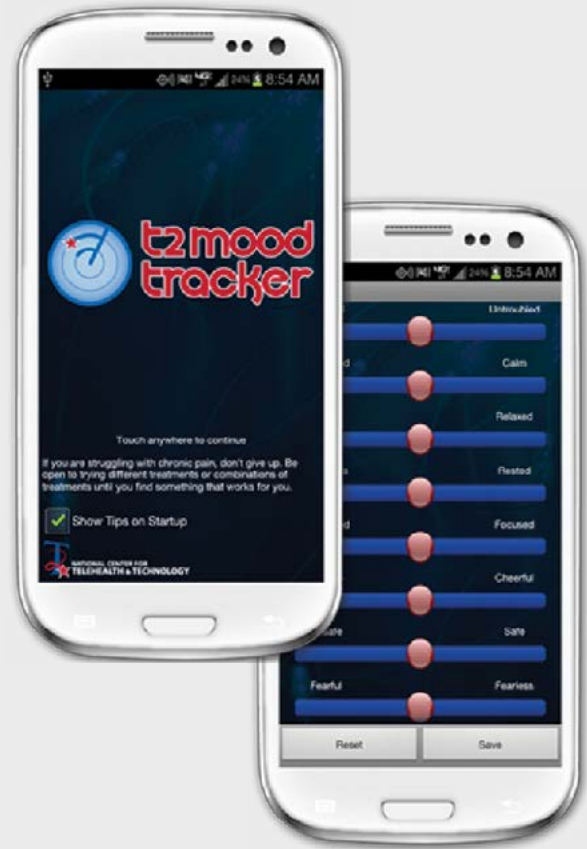
- Website: <http://t2health.dcoe.mil/apps/t2-mood-tracker>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=com.t2.vas>
 - iTunes: <http://itunes.apple.com/us/app/t2-mood-tracker/id428373825>

Audience:

- All audiences

Format:

- Android and iOS



TACTICAL BREATHER MOBILE APPLICATION

Product Description:

- Through repetitive breathing exercise practice and training, users learn to gain control of their heart rate, emotions, concentration and other physiological and psychological responses to the body during stressful situations

Additional Information:

- Website: <http://t2health.dcoe.mil/apps/tactical-breather>
- Download:
 - Google Play: <http://play.google.com/store/apps/details?id=t2.tacticalBreather>
 - iTunes: <http://itunes.apple.com/app/tactical-breather/id445893881>

Audience:

- All audiences

Format:

- Android and iOS



Resources for Service Members and Veterans: Psychological Health

VIRTUAL HOPE BOX MOBILE APPLICATION

Product Description:

- Designed to help service members focus on positive influences in their life when they are upset; combines meaningful memories with relaxation coaching and distracting activities to help them cope when they are feeling down
- The Virtual Hope Box contains simple, customizable support tools to help users with coping, relaxation, distraction and positive thinking

Additional Information:

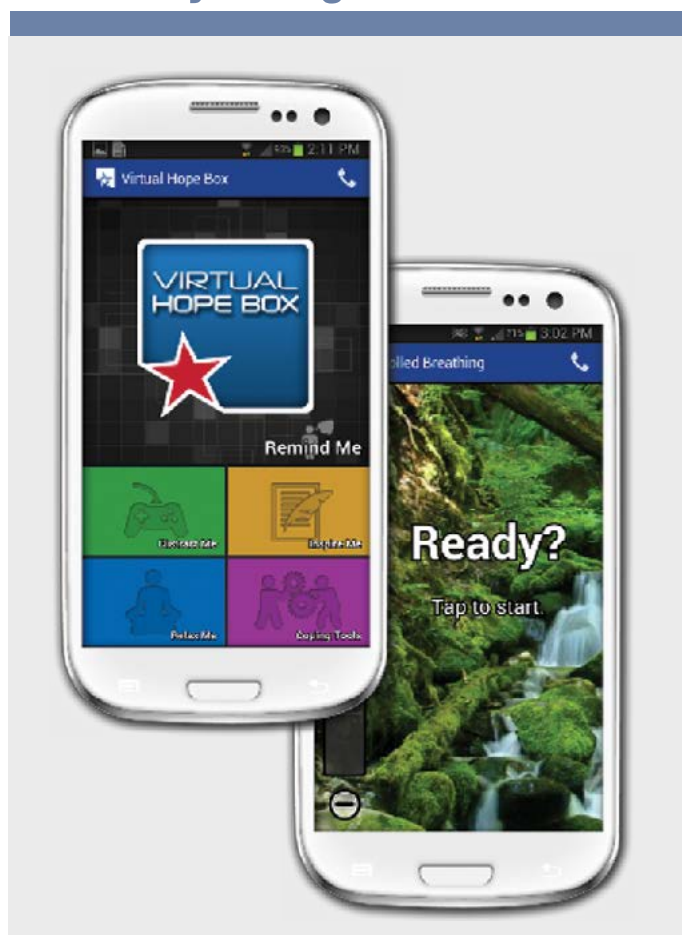
- Website: <https://t2health.dcoe.mil/apps/virtual-hope-box>
- Download:
 - Google Play: <https://play.google.com/store/apps/details?id=com.t2.vhb>
 - iTunes: <https://itunes.apple.com/us/app/virtual-hope-box/id825099621>

Audience:

- All audiences

Format:

- Android and iOS



Resources for Service Members and Veterans Traumatic Brain Injury



Resources for Service Members and Veterans: Traumatic Brain Injury

A HEAD FOR THE FUTURE CAMPAIGN

Product Description:

- A central resource of information regarding prevention, recognition and recovery from TBI.

Additional Information:

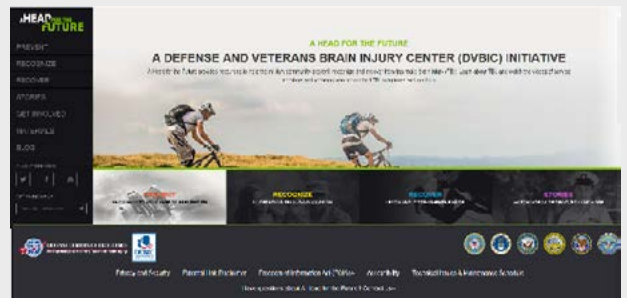
- Website: <http://dvbic.dcoe.mil/aheadforthefuture>
- Facebook: <http://facebook.com/aheadforthefuture>
- Twitter: https://twitter.com/AHFTF_Page
- YouTube: <youtube.com/dcoepage>

Audience:

- All audiences

Format:

- Website, social media, postcard, poster and fact sheets



ACUTE CONCUSSION (MILD TBI) EDUCATIONAL BROCHURE

Product Description:

- Designed to educate deployed service members about TBI immediately after concussion injury

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/acute-concussion-mtbi-educational-brochure>

Audience:

- Service members and veterans

Format:

- Brochure



Resources for Service Members and Veterans: Traumatic Brain Injury

BACK-TO-SCHOOL GUIDE FOR ACADEMIC SUCCESS AFTER TRAUMATIC BRAIN INJURY

Product Description:

- Provides guidance to service members and veterans who have ongoing symptoms from a TBI and are going to college, university or vocational school
- The frequently asked questions section quickly offers answers to common questions about accommodation plans, financial aid and assistive technology

Additional Information:

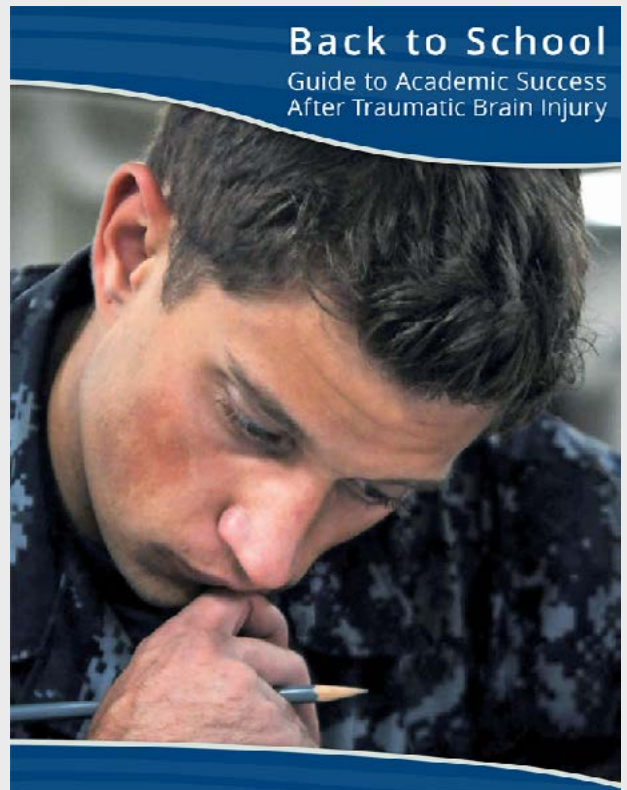
- Download/Order: <https://dvbic.dcoe.mil/material/back-school-guide>

Audience:

- Health care providers, service members, and veterans

Format:

- Booklet



CONCUSSION/MILD TBI INFORMATION BROCHURE FOR USE >1 MONTH AFTER INJURY OR AT POST DEPLOYMENT HEALTH ASSESSMENT (NOT FOR ACUTE PERIOD)

Product Description:

- Brochure developed by experts from the Defense Department and the Department of Veterans Affairs to educate deployed service members about TBI one month or more after injury

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/concussionmtbi-information-pamphlet-use-1-month-after-injury-not-acute>

Audience:

- Service members and veterans

Format:

- Brochure



Resources for Service Members and Veterans: Traumatic Brain Injury

CONCUSSION/MILD TRAUMATIC BRAIN INJURY AND POSTTRAUMATIC STRESS DISORDER FACT SHEET

Product Description:

- Provides the definition for concussion/mild traumatic brain injury and posttraumatic stress disorder and explains how overlapping symptoms often occur
- Describes why it is important to seek out treatment for both conditions and gives helpful advice about what to tell your family and friends to help in the recovery process

Additional Information:

- Download: <https://dvbic.dcoe.mil/material/concussionmild-traumatic-brain-injury-mtbi-and-posttraumatic-stress-disorder-ptsd-fact>

Audience:

- Service members, veterans, military families and friends

Format:

- Fact sheet

WHAT IS A TRAUMATIC BRAIN INJURY (TBI)?

- A TBI is the disruption of normal brain function caused by an external force including a jolt or blow to the head...
- Not all blows or jolts to the head cause a TBI.
- A TBI may be classified as mild, moderate or severe. A mild TBI, also called a concussion, is the most common form.
- With a concussion patients may or may not lose consciousness, remember the event (amnesia), feel confused or "foggy" immediately after the injury.

WHAT IS POSTTRAUMATIC STRESS DISORDER (PTSD)?

- PTSD describes a group of symptoms that may develop after you are exposed to actual or threatened death, serious injury or sexual violence.
- These events can include combat exposures; domestic violence; sexual, mental or physical abuse; a motor vehicle crash; a terrorist attack; or a natural disaster.

IS THERE A CONNECTION BETWEEN CONCUSSION AND PTSD? CAN I HAVE BOTH?

- Yes, you can have both. Concussion and PTSD can be caused by the same traumatic event.
- Yes, Concussion and PTSD involve physical changes and psychological symptoms.
- Some people with a concussion also have PTSD, but not everyone does.
- The symptoms of PTSD and concussion may be similar and make it hard to tell which condition you have. Common symptoms for each are listed below.

Possible Symptoms of Concussion

- headache
- dizziness/balance problems
- nausea
- sensitivity to light and sound
- vision changes
- impulsivity

Possible Symptoms of PTSD

- on high alert
- startle easily
- fearfulness
- flashbacks
- nightmares
- guilty feelings
- avoidance
- numbness
- self-destructive behavior

Overlapping Symptoms

- fatigue
- sleep problems
- trouble with memory and attention
- depression
- anxiety
- irritability

CO-OCCURRING CONDITIONS CONCUSSION & PTSD

PATIENTS

HEADS CONCUSSION WALLET CARD AND POSTER

Product Description:

- Promotes key symptoms of concussion/mild TBI by explaining the HEADS acronym
 - Headaches and/or vomiting
 - Ears ringing
 - Amnesia, altered or loss of consciousness
 - Double vision and/or dizziness
 - Something feels wrong or is not right

Additional Information:

- Order:
 - Wallet card: <https://dvbic.dcoe.mil/material/heads-concussion-card>
 - Poster: <https://dvbic.dcoe.mil/material/poster-heads-protect-your-strongest-weapon>

Audience:

- All audiences

Format:

- Wallet card and poster

PROTECT YOUR STRONGEST WEAPON

Concussion Know the symptoms

HEADS

- Headaches and/or Vomiting ✓
- Ears Ringing ✓
- Amnesia, Altered/Loss of Consciousness ✓
- Double Vision and/or Dizziness ✓
- Something Feels Wrong or Is Not Right ✓

PROTECT YOUR STRONGEST WEAPON

Concussion Know the symptoms

HEADS

- Headaches and/or Vomiting ✓
- Ears Ringing ✓
- Amnesia, Altered/Loss of Consciousness ✓
- Double Vision and/or Dizziness ✓
- Something Feels Wrong or Is Not Right ✓

If you or a buddy experiences symptoms of a **CONCUSSION**, get checked out.

info@DVbic.org www.DVbic.org

Resources for Service Members and Veterans: Traumatic Brain Injury

HELP WITH ONGOING SYMPTOMS FACT SHEET

Product Description:

- This fact sheet addresses why symptoms continue to persist in some patients and how they can cope or seek additional help

Additional Information:

- Download: <https://dvbic.dcoe.mil/material/help-ongoing-symptoms-fact-sheet>

Audience:

- Service members and veterans

Format:

- Fact sheet



Help With Ongoing Symptoms
Concussion/Mild Traumatic Brain Injury (mTBI) DVBC

Most people with concussion recover after their injury, however, a small percentage of people will experience symptoms (such as headaches, memory problems, irritability or fatigue) for a longer period of time. Although these symptoms might be related to the concussion, they often are caused by other injuries or factors that lengthen the recovery period. These factors can include age, gender, previous history of concussion, the presence of a psychological disorder or a learning disability, stress at home or work, and certain medications. Remember, not all symptoms involve the same rates—some take longer than others.

Concussions affect everyone differently. Many factors, such as other medical and psychological conditions, will influence your recovery. Remember to be patient and work closely with your provider.

Here's what you can do:

- **Speak up.** It's important to communicate honestly and openly with your health care provider about symptoms that continue to bother you or interfere with your everyday life.
- **Keep track of your symptoms.** Track or log any changes in your symptoms or any new symptoms in a journal or mobile application (see back for examples). Share these changes with your health care provider to pinpoint possible causes and treatment options.
- **Support your recovery.** Think about ways to help your brain and body heal now. Eat healthy foods, exercise and keep a regular sleep schedule. Go to sleep and wake up at the same time every day. Limit caffeine, especially energy drinks, which can hurt the quality of your sleep; limit alcohol consumption.
- **Seek ways to relax.** Reduce stress by trying activities such as yoga, exercise, music or art. Talk with your health care provider about these options to complement your treatment.

PATIENTS

LINE LEADER FACT SHEET

Product Description:

- Document that describes the line leader responsibilities for the Defense Department mandated policy (DoD Instruction 6490.11) that covers service members involved in potentially concussive events in deployed settings

Additional Information:

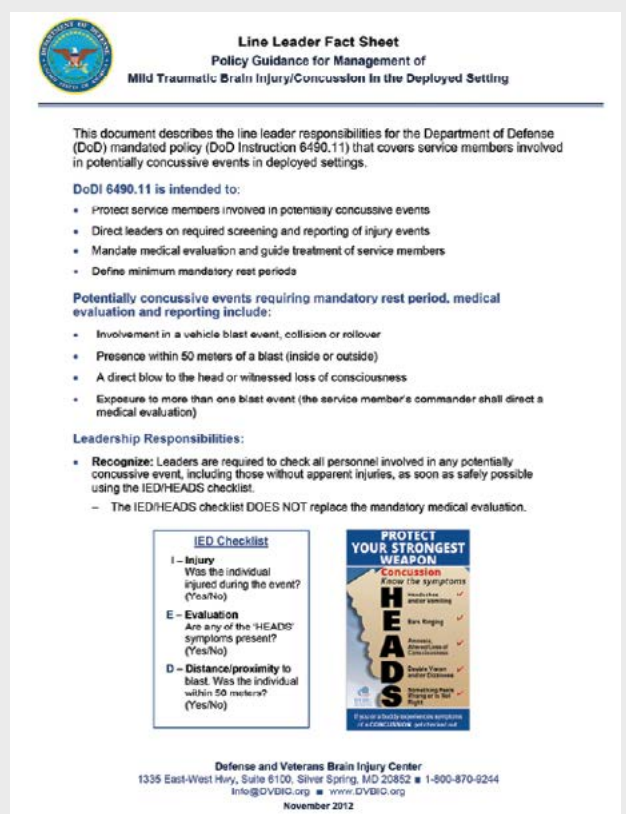
- Download: http://dvbic.dcoe.mil/sites/default/files/Line-Leader-Fact-Sheet-2012_V3_Final.pdf

Audience:

- Military line leaders

Format:

- Fact sheet



Line Leader Fact Sheet
Policy Guidance for Management of
Mild Traumatic Brain Injury/Concussion in the Deployed Setting

This document describes the line leader responsibilities for the Department of Defense (DoD) mandated policy (DoD Instruction 6490.11) that covers service members involved in potentially concussive events in deployed settings.

DoDI 6490.11 is intended to:

- Protect service members involved in potentially concussive events
- Direct leaders on required screening and reporting of injury events
- Mandate medical evaluation and guide treatment of service members
- Define minimum mandatory rest periods

Potentially concussive events requiring mandatory rest period, medical evaluation and reporting include:

- Involvement in a vehicle blast event, collision or rollover
- Presence within 50 meters of a blast (inside or outside)
- A direct blow to the head or witnessed loss of consciousness
- Exposure to more than one blast event (the service member's commander shall direct a medical evaluation)

Leadership Responsibilities:

- **Recognize:** Leaders are required to check all personnel involved in any potentially concussive event, including those without apparent injuries, as soon as safely possible using the IED/HEADS checklist.
 - The IED/HEADS checklist DOES NOT replace the mandatory medical evaluation.

IED Checklist

I - Injury
Was the individual injured during the event? (Yes/No)

E - Evaluation
Are any of the 'HEADS' symptoms present? (Yes/No)

D - Distance/proximity to blast. Was the individual within 50 meters? (Yes/No)

PROTECT YOUR STRONGEST WEAPON
HEADS
Concussion
Know the symptoms
Headache
Nausea
Dizziness
Blurred vision
Sensitivity to light
Sensitivity to noise
Anxiety
Irritability
Fatigue
Memory problems
Personality changes
Sleeping more or less than usual
Focus & ability to concentrate symptoms
of a concussion
www.dvbc.org

Defense and Veterans Brain Injury Center
1335 East-West Hwy, Suite 6100, Silver Spring, MD 20852 ■ 1-800-870-6244
info@DVBC.org ■ www.DVBC.org
November 2012

Resources for Service Members and Veterans: Traumatic Brain Injury

MILD TBI SYMPTOM MANAGEMENT FACT SHEETS

Product Description:

- Provides coping and recovery tips for patients with TBI symptoms:
 - Headache
 - Memory
 - Mood changes
 - Sleep disturbances
 - Head injury and dizziness
 - Neck pain

Additional Information:

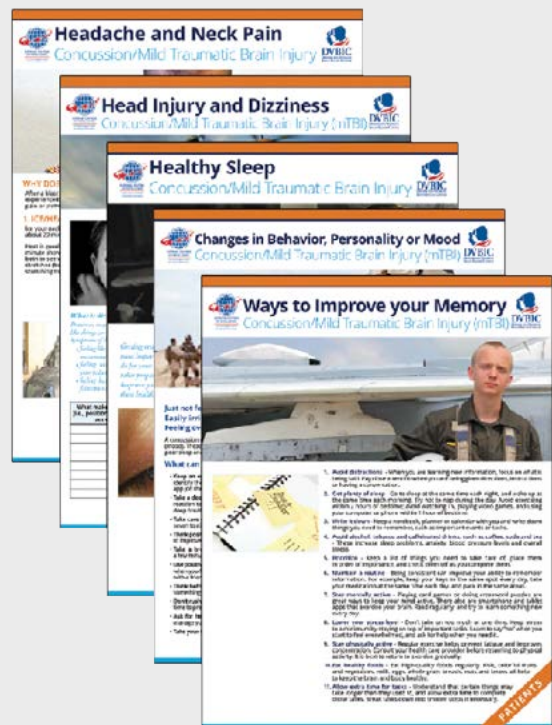
- Download/Order: <https://dvbic.dcoe.mil/resources/fact-sheets>

Audience:

- Service members and veterans

Format:

- Fact sheet



MODERATE OR SEVERE TBI FACT SHEET

Product Description:

- Describes the common signs and symptoms, stages of treatment and related injuries as well as coping and recovery tips for patients who have sustained a moderate or severe TBI

Additional Information:

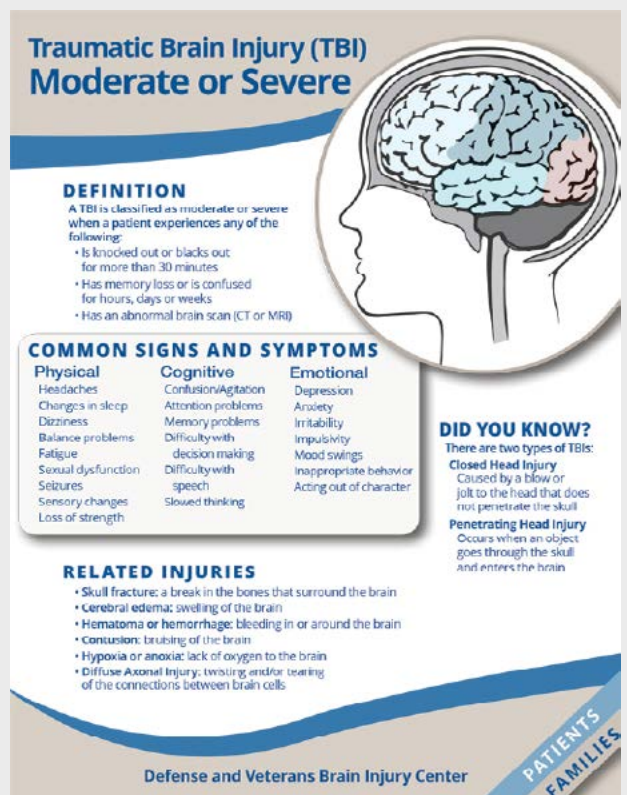
- Download: <https://dvbic.dcoe.mil/material/moderate-or-severe-tbi-fact-sheet>

Audience:

- Service members and veterans

Format:

- Fact sheet



Resources for Service Members and Veterans: Traumatic Brain Injury

SIGNS AND SYMPTOMS CONCUSSION FACT SHEET

Product Description:

- Provides major physical, cognitive and emotional symptoms of concussion, coping and recovery tips for mild TBI
- Available in English, Spanish, Albanian, Bulgarian, Croatian, Czech, Danish, Dutch, Estonian, French, Georgian, German, Greek, Hungarian, Icelandic, Italian, Korean, Latvian, Lithuanian, Luxembourgish, Norwegian, Polish, Portuguese, Romanian, Slovak, Slovenian and Turkish

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english>

Audience:

- Service members and veterans

Format:

- Fact sheet

The image shows the cover of a fact sheet titled "Signs and Symptoms Concussion/Mild Traumatic Brain Injury" from DVBC. The top features the DVBC logo and a photograph of soldiers in combat gear. Below the title, there is a "DEFINITION" section, a "Did you know?" section with a quote, and two columns of "COMMON SIGNS AND SYMPTOMS" categorized into Physical, Cognitive, and Emotional. At the bottom, there is a photograph of a soldier and a woman, and a "PATIENTS" banner.

TRAUMATIC BRAIN INJURY RECOVERY SUPPORT PROGRAM

Product Description:

- Program and its recovery support specialists provide TBI expertise, support and connection to TBI and psychological health services

Additional Information:

- Download:
 - Brochure: http://dvbic.dcoe.mil/sites/default/files/uploads/RSP/2014_TBI_RSP_Brochure.pdf
 - Fact sheet: http://dvbic.dcoe.mil/sites/default/files/DVBIC_TBI_Recovery-Support-Program_FactSheet_2015-02-19.pdf
- Website: <http://dvbic.dcoe.mil/tbi-recovery-support-program>
- Email: mrmc.dcoe.TBIrecoverysupport@mail.mil

Audience:

- Service members and veterans who have sustained a TBI

Format:

- Website, client brochure and fact sheet

The image is a screenshot of the DVBC website's "TBI Recovery Support Program" page. The header includes the DVBC logo and navigation tabs for "Service Members & Veterans", "Family & Friends", "Medical Providers", "About DVBC", "Educational Materials", "Research", "DVBC Locations", and "Press". The main content area features a title "TBI Recovery Support Program" and a brief description. Below this, there is a "TBI Recovery Support Program" section with an "Overview" and "Services" list. The "Overview" states that the program provides resources and support to military and veteran patients and their families. The "Services" list includes: Clinical Consultation, Case Management, and Care Management. A "Eligibility" section lists criteria for service members, military families, and self-referral. The page also includes a "PATIENTS" banner and a "Traumatic Brain Injury Recovery Support Program" brochure image.

Resources for Service Members and Veterans: Traumatic Brain Injury

VISION PROBLEMS AFTER CONCUSSION PATIENT EDUCATION BROCHURE

Product Description:

- Helps concussed service members understand vision problems and provides insight into treatment options

Additional Information:

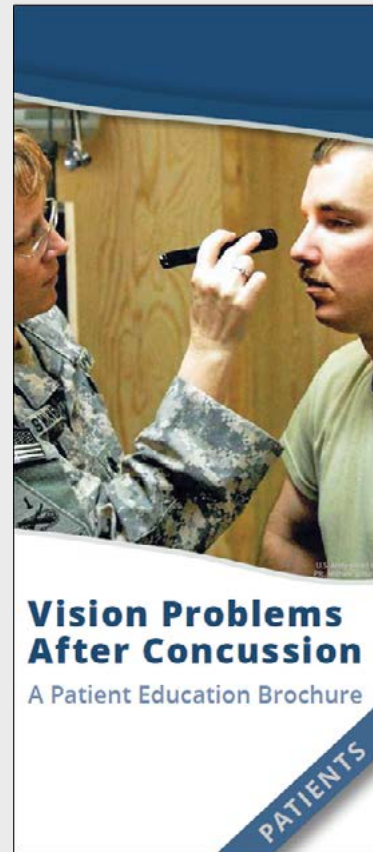
- Download/Order: <https://dvvic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-patient-tool>

Audience:

- Service members and veterans

Format:

- Brochure



WARFIGHTER SLEEP KIT

Product Description:

- Provides education to service members on the impact of sleep on mission effectiveness and obtaining adequate sleep after a TBI
- Sponsored by the Naval Medical Research Center as part of the alertness management military operations initiative from the Defense Safety Oversight Council

Additional Information:

- Order: <https://dvvic.dcoe.mil/material/sleep-kit>

Audience:

- Service members and veterans

Format:

- Toolkit



Resources for Health Care Providers

Psychological Health



Resources for Health Care Providers: Psychological Health

ACUTE STRESS REACTION FACT SHEET

Product Description:

- Provides a concise overview of acute stress reaction for providers who treat service members diagnosed with a concussion/mild TBI while deployed

Additional Information:

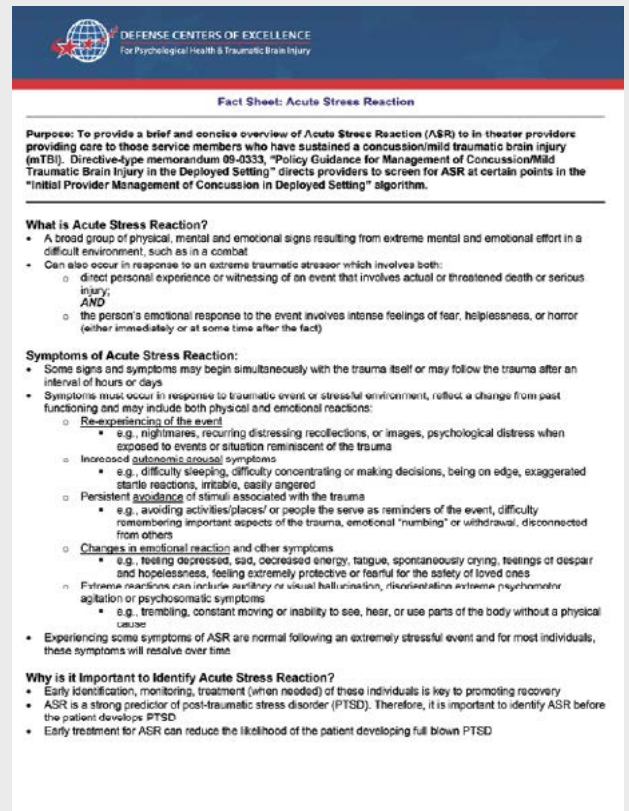
- Download: <https://dvbic.dcoe.mil/material/acute-stress-reaction-fact-sheet>

Audience:

- Health care providers

Format:

- Fact sheet



AFTERDEPLOYMENT PROVIDER PRO WEBSITE

Product Description:

- Portal provides resources for health care professionals who treat patients with behavioral health concerns related to the deployment cycle
- Additional tools for providers include treatment tips, client handouts summarizing important information on each of the topic areas, RSS feeds linking to reports on new developments in mental health and PowerPoint briefings allowing providers to easily disseminate information to colleagues

Additional Information:

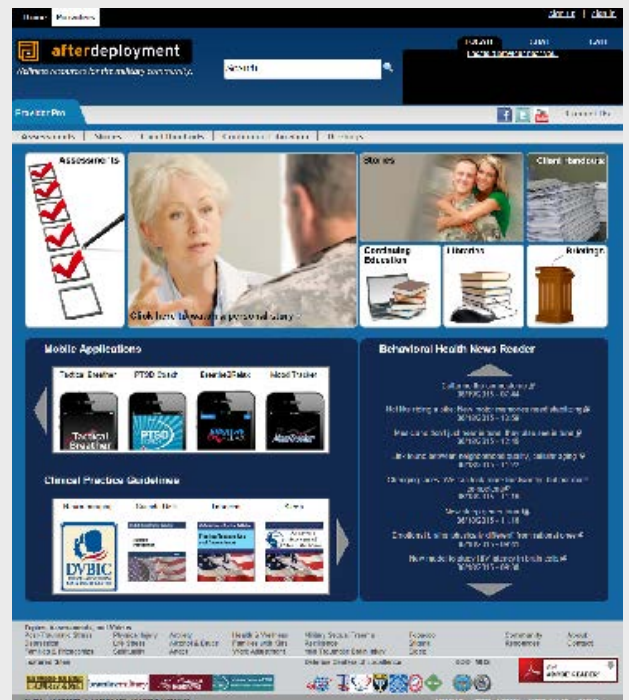
- Website: <http://afterdeployment.dcoe.mil/providers/home>

Audience:

- Health care providers

Format:

- Website, assessments, videos, workshops



Resources for Health Care Providers: Psychological Health

ASSESSMENT AND MANAGEMENT OF SUICIDE RISK CLINICAL SUPPORT TOOLS

Product Description:

- Outlines critical decision points in the management of suicide and provides evidence-based recommendations on warning signs, protective factors, safety planning and treatment

Additional Information:

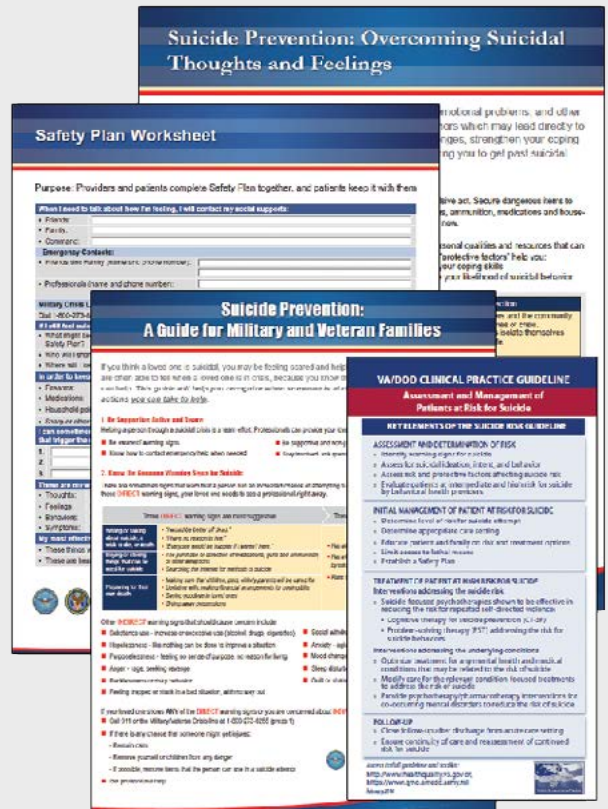
- Download:
 - <https://www.qmo.amedd.army.mil/suicide/suicide.htm> (under the Health Care Team tab)
 - <http://www.healthquality.va.gov/guidelines/mh/srb/index.asp>
- Website: http://dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx

Audience:

- Health care providers, service members, veterans and families

Format:

- Clinical support tools



COMPLEMENTARY AND ALTERNATIVE MEDICINES, MODALITIES AND INTERVENTIONS FACT SHEET

Product Description:

- Classifies complementary and alternative medicines, modalities and interventions and their clinical use
- Describes a group of diverse clinical and health practices and products related to psychological health and TBI that are currently considered conventional medicine or accepted standards of care

Additional Information:

- Download: http://www.dcoe.mil/Libraries/Documents/DCoE_CAM_Modalties_and_Interventions.pdf

Audience:

- Health care providers

Format:

- Fact sheet



Complementary and Alternative Medicines (CAM), Modalities and Interventions

WHAT IS CAM?

CAM is a group of diverse clinical and health practices and products that are not presently considered to be part of conventional medicine or accepted standards of care. Further definition is below.

- **Alternative medicine** is used in place of conventional treatment.
- **Complementary medicine** is used in parallel with conventional therapies.
- **Integrative medicine** synergistically combines conventional and CAM treatments to achieve safe and effective care.

Classification of CAM Modalities	Clinical use of CAM Modalities in Veterans Affairs and the Military Health System
Whole Medicine Systems <ul style="list-style-type: none"> Traditional Chinese medicine (acupuncture) Naturopathic medicine Homeopathy Ayurveda Native American herbalism 	Acupuncture has been used for about 2500 years. It involves insertion of sterile, thin disposable needles into body, ear and scalp points, and may include infrared heat, electro-acupuncture and moxibustion. It is used as adjunctive treatment for chronic pain, stress management, anxiety, depression, posttraumatic stress disorder (PTSD), traumatic brain injury and withdrawal symptoms of substance use disorder.
Mind-Body Medicine <ul style="list-style-type: none"> Meditation (mindfulness, qi gong, vipassana) Movement meditation (yoga, tai chi) Breath based practices Spiritual/prayer based practices Bioidentical 	Mind-body interventions seek to engage mind-body connection and spirituality as part of the healing process. Mindfulness meditation is the most common practice and is used as adjunctive treatment for stress management, anxiety, PTSD, depression and pain.
Manipulative Body-Based Practices and Energy Therapy <ul style="list-style-type: none"> Osteopathic manipulation (osteopathic, chiropractic care) Soft tissue mobilization (massage, tuina, myofascial release, cranio-sacral therapy) Bioidentical energy medicine (healing touch, reiki) 	Chiropractic care focuses on performance of osseous adjustments and manipulations to the spine or other joints to correct alignment problems, alleviate pain, improve function and support the body's natural ability to heal itself. Clinical Indications for chiropractic care include back pain, neck pain, headaches and radiculopathy.
Diet/Nutritionally Based Interventions <ul style="list-style-type: none"> Dietary medicine Clinical nutrition therapy (nutritional status, dietary supplements) 	Dietary medicine uses plant-based substances for their pharmacological properties to achieve therapeutic effects. Clinical nutrition therapy is the use of dietary modifications and nutritional supplements to achieve a specific therapeutic goal. Common indications for use of herbs and nutrients are general health and prevention, diabetes mellitus, weight loss, coronary disease, hypertension.

Resources for Health Care Providers: Psychological Health

FAMILY RESILIENCE KIT

Product Description:

- Educational materials to help educate family members on how to cope with the stress of deployment, recognize signs and symptoms of mental health problems, build resilience, reconnect with children and access psychological health services
- This kit is designed to help family readiness groups, chaplains, family resource center staff, assistance centers and other military family support personnel host community events

Additional Information:

- Download/Order: <http://afterdeployment.dcoe.mil>
- Website: <http://afterdeployment.dcoe.mil>

Audience:

- Health care providers, mental health professionals, chaplains, family resource center staff, service members, veterans, military teens and families

Format:

- Various size printed materials



MANAGEMENT OF MAJOR DEPRESSIVE DISORDER CLINICAL SUPPORT TOOLS

Product Description:

- Trainer-ready materials help health care providers treat patients and improve treatment outcomes by assisting with symptom recognition, treatment and management

Additional Information:

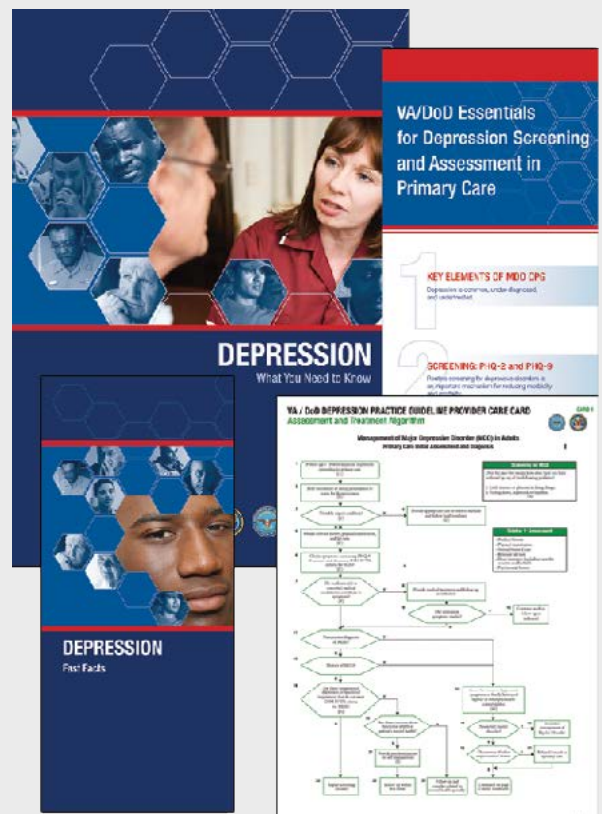
- Download: <http://www.healthquality.va.gov/guidelines/MH/mdd>
- Order: <https://www.qmo.amedd.army.mil/QMOCPGShopCart/products.asp?cat=6>

Audience:

- Health care providers

Format:

- Clinical support tools



Resources for Health Care Providers: Psychological Health

MANAGEMENT OF OPIOID THERAPY FOR CHRONIC PAIN CLINICAL SUPPORT TOOLS

Product Description:

- Brings together important resources on the safe and effective use of opioid therapy in treating chronic pain
- Complies with the VA/DoD Clinical Practice Guideline (CPG) for the Management of Opioid Therapy for Chronic Pain

Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/Pain/cot>
- Download/Order (excludes CPG): <https://www.qmo.amedd.army.mil/OT/cot.htm>

Audience:

- Health care providers

Format:

- Clinical support tools



MANAGEMENT OF POSTTRAUMATIC STRESS DISORDER CLINICAL SUPPORT TOOLS

Product Description:

- Brings together important resources that support comprehensive evidence based treatment of PTSD including recommendations on screening, diagnosis, psychotherapy, pharmacotherapy, referrals, patients and family self management and psychoeducation

Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/MH/ptsd>
- Order (CPG only): <https://www.qmo.amedd.army.mil/ptsd/ptsd.html>

Audience:

- Health care providers

Format:

- Clinical support tools



Resources for Health Care Providers: Psychological Health

MANAGEMENT OF SUBSTANCE USE DISORDER CLINICAL SUPPORT TOOLS

Product Description:

- Provides critical substance use disorder management decision points, evidence based recommendations and supports patient and provider decision-making
- Complies with the VA/DoD Clinical Practice Guideline for the Management of Substance Use Disorders

Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/MH/sud>
- Order (CPG only): <https://www.qmo.amedd.army.mil/substance%20abuse/substance.htm>

Audience:

- Health care providers

Format:

- Clinical support tools



PROVIDER RESILIENCE MOBILE APPLICATION

Product Description:

- Gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans and their families

Additional Information:

- Website: <https://t2health.dcoe.mil/apps/provider-resilience>

Audience:

- Health care providers

Format:

- Android and iOS



Resources for Health Care Providers: Psychological Health

STOP HIDING AND START RECOVERING: 2016 ALCOHOL AWARENESS MONTH EVENT PLANNING GUIDE

Product Description:

- Provides tips to plan, promote and conduct a successful and interactive alcohol awareness and screening event
- Includes an event planning guide, educational pamphlets and brochures, posters to promote the event, promotional take-away items, an AUDIT-C Scale assessment form for in-person screenings, and a post-event summary form

Additional Information:

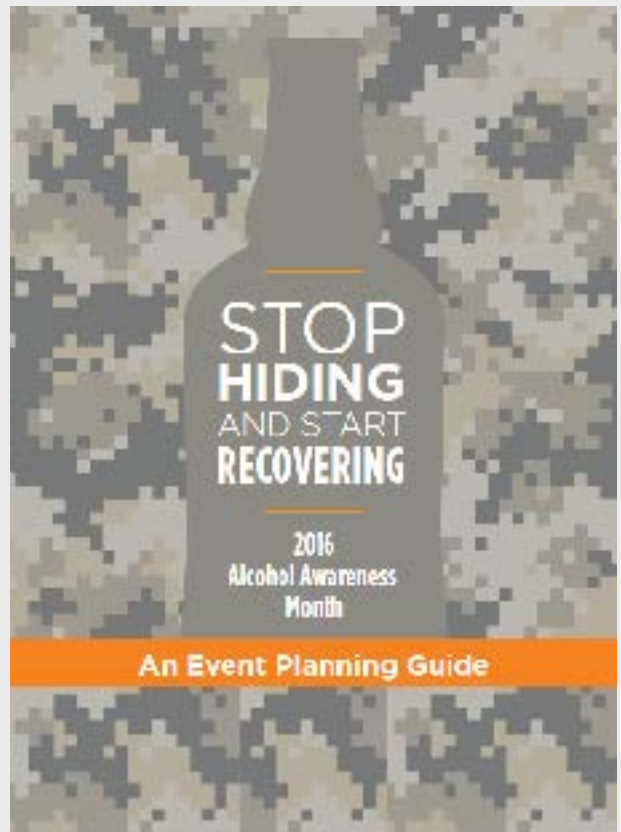
- Order Email: mrmc.dcoe.t2-contactus@mail.mil
- Phone: 703-712-4291

Audience:

- Installation/unit alcohol awareness program coordinators, health care providers, mental health providers, chaplains and family resource center staff

Format:

- Booklet



WEB-BASED APPLICATIONS: A GUIDE FOR CLINICIANS

Product Description:

- Tool offers an introduction to the use of Web-based resources in clinical and educational settings though developed primarily for psychological health professionals
- The guide can also be used by clinicians and educators who diagnose, treat and work with individuals with problems resulting from the demands of military deployments
- The guide focuses on two websites developed by the National Center for Telehealth & Technology: AfterDeployment and Military Kids Connect

Additional Information:

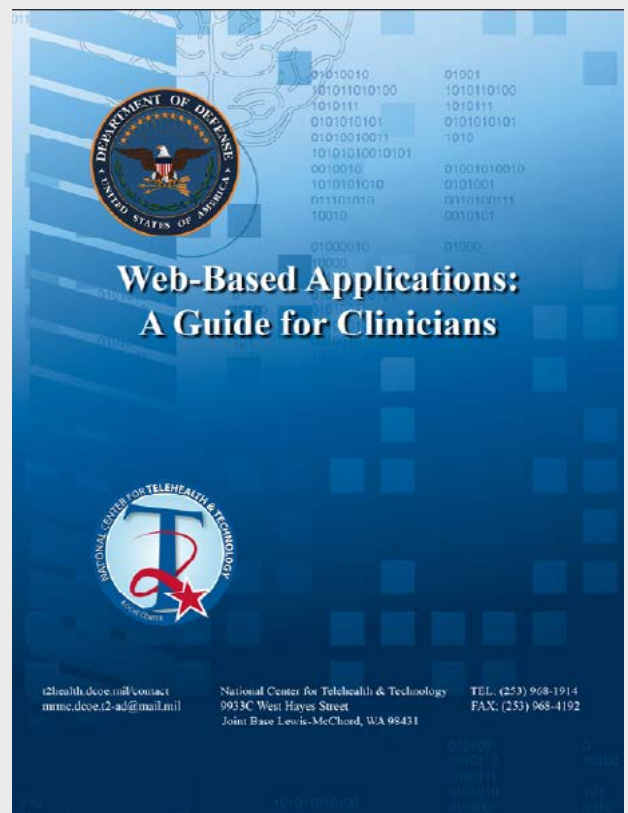
- Download: <http://t2health.dcoe.mil/sites/default/files/T2-Web-Applications-Clinicians-Guide-Feb2015.pdf>

Audience:

- Health care providers

Format:

- Booklet



Resources for Health Care Providers

Traumatic Brain Injury



Resources for Health Care Providers: Traumatic Brain Injury

ASSESSMENT AND MANAGEMENT OF DIZZINESS ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

Product Description:

- Provides an approach to evaluate dizziness following mild TBI and offers guidance regarding referral for further vestibular evaluation and care, dizziness differentiations, effect of dizziness symptoms in patients who have been exposed to mild TBI and an algorithm outlining steps for providers

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-dizziness-associated-mtbi-clinical-recommendation>

Audience:

- Health care providers

Format:

- Clinical support tools

DCoE Clinical Recommendation | September 2012

Assessment and Management of Dizziness Associated with Mild TBI

Introduction and Background

More than 294,000 service members sustained a traumatic brain injury (TBI) between 2002 and the first quarter of 2012. The majority of these (77 percent) were classified as mild TBI (mTBI), also known as concussion. While most concussions with mild complexity resolve within weeks to months, a small subset of individuals experience persistent symptoms and difficulty in rehabilitation. This is particularly true for mTBI with neuroanatomic substrate.

Dizziness is a common symptom following TBI and can have a significant impact on a service member's quality of life. Temporal bone fractures, alter in the concentration, benign paroxysmal positional vertigo (BPPV) or central lesions are commonly implicated as causes of vestibular pathology, including the complaint of dizziness after head trauma. Other otologic conditions such as superior canal dehiscence can contribute to dizziness after mTBI.

The clinical recommendation provides the primary care provider an approach to evaluating dizziness following mTBI and guidance regarding referral for further vestibular evaluation and care. The recommendation is based on a review of currently published literature and the proceedings of a consensus conference convened by Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in collaboration with the Hearing Center of Excellence in November 2011. The consensus panel included the services DCoE and Civilian Dizziness Clinics, Air Force (AF) DVBIC, Naval U.S. Central O Command, and the Hearing Center of Excellence.

Clinical Recommendation

The clinical recommendation is designed to assist providers in the diagnosis and management of dizziness following mTBI. It is intended to be used in conjunction with the clinical algorithm addressing the diagnosis and management of dizziness following mTBI.

Physical Examination

A comprehensive primary care physical examination for complaints of dizziness includes the following: a complete otolaryngologic examination; screening assessment to detect postural hypotension as a possible etiology if defined as a systolic blood pressure decrease of at least 20 mmHg, a diastolic blood pressure decrease of 10 mmHg or more per minute with active hypotension; evaluation of general appearance, respiratory and cardiovascular asymmetry, hoarseness, and cyanosis may increase the likelihood that a non-otologic cause of dizziness is present. A detailed otologic exam can rule out a foreign

Assessment and Management of Dizziness Associated with Mild TBI Reference Card

This algorithm is intended to assist primary care providers with diagnosis and provide appropriate referrals for further evaluation of dizziness following mTBI in a civilian TBI patient. It is intended to be used in conjunction with the clinical algorithm addressing the diagnosis and management of dizziness following mTBI.

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Assessment and Management of Dizziness Associated with Mild TBI Reference Card	4

ASSESSMENT AND MANAGEMENT OF VISUAL DYSFUNCTION ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

Product Description:

- Provides an approach to evaluate visual dysfunction following mild TBI and offers guidance regarding referral for further eye or visual evaluation and care

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-clinical-recommendation>

Audience:

- Health care providers

Format:

- Clinical support tools

DCoE Clinical Recommendation | January 2013

Assessment and Management of Visual Dysfunction Associated with Mild Traumatic Brain Injury

Introduction and Background

More than 294,000 service members sustained a traumatic brain injury (TBI) between 2002 and the first quarter of 2012. The majority of these (77 percent) were classified as mild TBI (mTBI), also known as concussion. While most concussions with mild complexity resolve within weeks to months, a small subset of individuals experience persistent symptoms and difficulty in rehabilitation. This is particularly true for mTBI with neuroanatomic substrate.

Visual dysfunction is a common complaint following mTBI and can have a significant impact on a service member's quality of life. Temporal bone fractures, alter in the concentration, benign paroxysmal positional vertigo (BPPV) or central lesions are commonly implicated as causes of vestibular pathology, including the complaint of dizziness after head trauma. Other otologic conditions such as superior canal dehiscence can contribute to dizziness after mTBI.

The clinical recommendation provides the primary care provider an approach to evaluating dizziness following mTBI and guidance regarding referral for further vestibular evaluation and care. The recommendation is based on a review of currently published literature and the proceedings of a consensus conference convened by Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) in collaboration with the Hearing Center of Excellence in November 2011. The consensus panel included the services DCoE and Civilian Dizziness Clinics, Air Force (AF) DVBIC, Naval U.S. Central O Command, and the Hearing Center of Excellence.

Clinical Recommendation

The clinical recommendation is designed to assist providers in the diagnosis and management of dizziness following mTBI. It is intended to be used in conjunction with the clinical algorithm addressing the diagnosis and management of dizziness following mTBI.

Physical Examination

A comprehensive primary care examination for complaints of visual dysfunction includes the following: a complete otolaryngologic examination; screening assessment to detect postural hypotension as a possible etiology if defined as a systolic blood pressure decrease of at least 20 mmHg, a diastolic blood pressure decrease of 10 mmHg or more per minute with active hypotension; evaluation of general appearance, respiratory and cardiovascular asymmetry, hoarseness, and cyanosis may increase the likelihood that a non-otologic cause of dizziness is present. A detailed otologic exam can rule out a foreign

Assessment and Management of Visual Dysfunction Associated with Mild TBI Reference Card

This algorithm is intended to assist primary care providers with diagnosis and provide appropriate referrals for further evaluation of dizziness following mTBI in a civilian TBI patient. It is intended to be used in conjunction with the clinical algorithm addressing the diagnosis and management of dizziness following mTBI.

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Assessment and Management of Visual Dysfunction Associated with Mild TBI Reference Card	4

Resources for Health Care Providers: Traumatic Brain Injury

AUTOMATED NEUROPSYCHOLOGICAL ASSESSMENT METRICS FACT SHEET

Product Description:

- Fact sheet that explains the web-based neurocognitive assessment used by all service members pre and post-deployment to measure potential cognitive changes in individuals exposed to a concussive event
- ANAM results are considered protected health information and become part of a service member's permanent medical record

Additional Information:

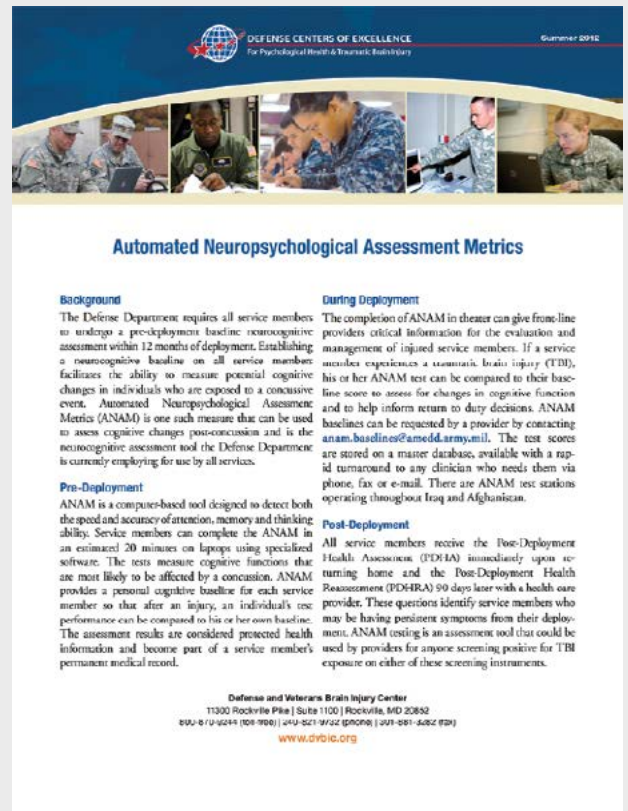
- Download: <http://www.dcoe.mil/content/Navigation/Documents/About%20ANAM.pdf>
- Email: usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil

Audience:

- Health care providers and service members

Format:

- Fact sheet



BRAIN INJURY AWARENESS MONTH POSTERS — 2016 (THINK AHEAD)

Product Description:

- Series of three posters that promote brain injury awareness and reflects the DVBIC 2016 theme for Brain Injury Awareness Month, "Think Ahead: Be safe, Know the signs and Get help." These posters can be used year-round

Additional Information:

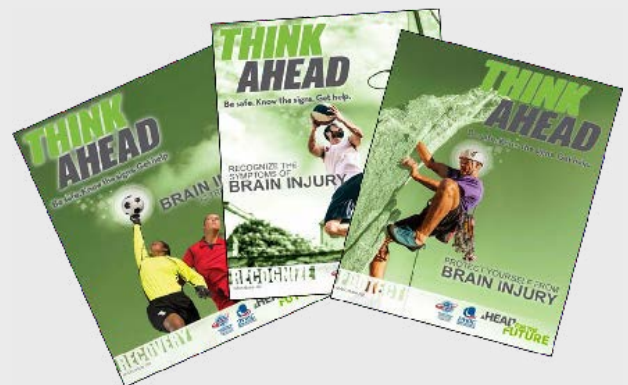
- Download/Order: <https://dvbic.dcoe.mil/material/2016-brain-injury-awareness-month-posters-think-ahead>

Audience:

- All audiences

Format:

- Set of posters



Resources for Health Care Providers: Traumatic Brain Injury

CONCUSSION MANAGEMENT IN DEPLOYED SETTINGS: COMBAT MEDIC/CORPSMAN ALGORITHM CARD

Product Description:

- Concussion Management Algorithm (CMA) is a tool for all levels of providers on the assessment, evaluation and treatment of concussion in the deployed setting

Additional Information:

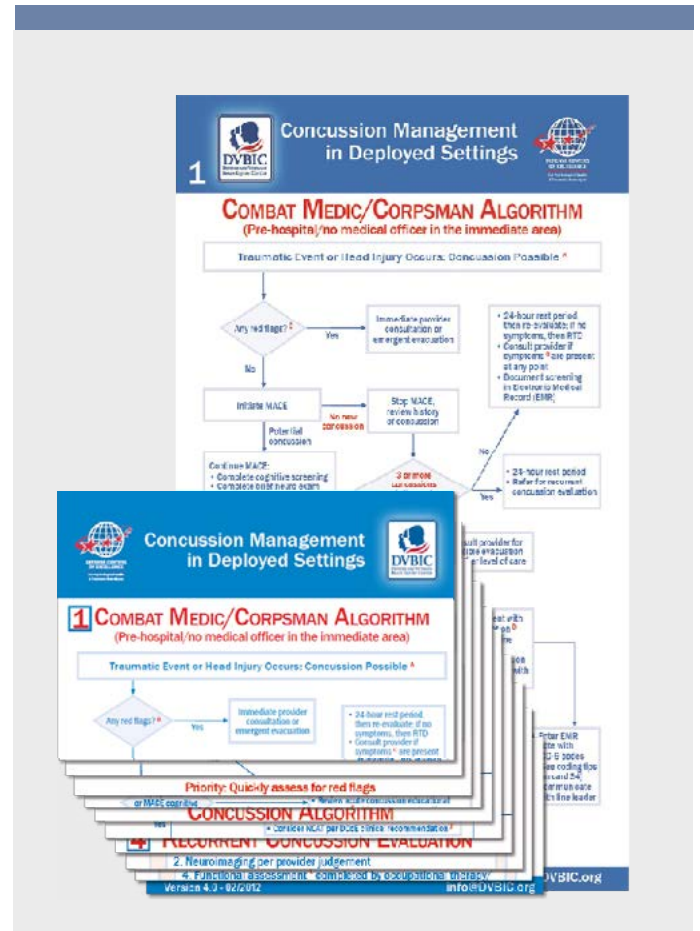
- Medical Dosage Guidance Update: <https://dvbic.dcoe.mil/medical-dosage-guidance-update>
- Order: <https://dvbic.dcoe.mil/material/concussion-management-algorithm-cma-pocket-cards>

Audience:

- Health care providers

Format:

- Pocket and wallet cards



ICD-10 CODING GUIDANCE FOR TRAUMATIC BRAIN INJURY

Product Description:

- Contains the latest coding guidance and the Military Health System Professional Services and Specialty Medical Coding Guidelines Version 5.0 for use by for medical and rehabilitation providers
- Presents the 2015 Department of Defense TBI definition and severity levels
- Provides the codes to be used for initial TBI and subsequent visits in the proper sequence specific to TBI diagnoses, including but not limited to, TBI screening and symptom codes

Additional Information:

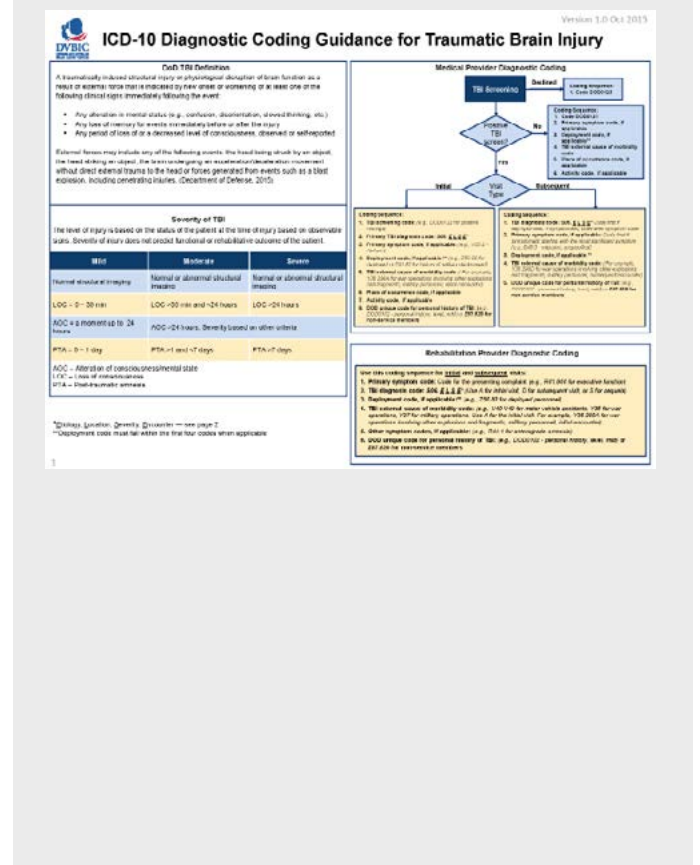
- Download: <https://dvbic.dcoe.mil/material/icd-10-coding-guidance-traumatic-brain-injury-training-slides>

Audience:

- Health care providers

Format:

- Training slides



Resources for Health Care Providers: Traumatic Brain Injury

MACE: MILITARY ACUTE CONCUSSION EVALUATION POCKET AND WALLET CARD

Product Description:

- Concussion screening tool that includes a cognitive exam, neurological exam and symptom results

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-pocket-cards>
- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-wallet-cards>

Audience:

- Health care providers

Format:

- Pocket and wallet cards

The image shows a stack of MACE (Military Acute Concussion Evaluation) forms. The top form is clearly visible and contains the following fields: Patient Name, Service Member ID#, Unit, Date of Injury, Time of Injury, Examiner, Date of Evaluation, and Time of Evaluation. Below these fields is the 'CONCUSSION SCREENING' section, which includes a '1. Description of Incident' section with a sub-section 'A. Record the event as described by the service member or witness.' and a 'B. Record the...' section with checkboxes for 'Exposed', 'Blunt C...', and 'Fall'. There is also a 'C. Was there a...' section with a 'YES' checkbox. The form includes the DVBC logo and the text 'MACE Military Acute Concussion Evaluation'. At the bottom, it says 'Release 02/2012 info@DVBC.org Page 1 of 8'.

MANAGEMENT OF HEADACHE FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUITE

Product Description:

- Offers guidance regarding the assessment and management of headache following a mild TBI and includes specific recommendations for health care providers to help patients manage non-pharmacologic and pharmacologic treatment of post-traumatic headache
- The products in this suite are intended to help providers diagnose, evaluate and treat mild TBI patients

Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/resources/management-headache/clinical-suite>

Audience:

- Health care providers

Format:

- Clinical support tools

The image shows a clinical suite for the management of headache following concussion/mild traumatic brain injury. It includes a flowchart titled 'Management of Headache Following Concussion/Mild Traumatic Brain Injury: Guidance for Primary Care Management in Deployed and Non-Deployed Settings'. The flowchart starts with 'Have you had a headache after a concussion?' and leads to 'Refer to neurology, TBI, and concussion' if 'No'. If 'Yes', it leads to 'Assessment of headache and TBI symptoms'. Below the flowchart is a document titled 'Managing Headaches After a Concussion/Mild Traumatic Brain Injury' which includes a 'BANNER' section, 'HEADACHE TRIGGERS' (such as 'Bright light', 'Loud noise', 'Motion', etc.), and 'NON-PHARMACOLOGICAL TREATMENTS' (such as 'Rest', 'Ice', 'Dark room', etc.). The document also includes a table with columns for 'Symptom', 'Non-pharmacological', and 'Pharmacological' treatments. At the bottom, there is a logo for 'Management of Headache Following Concussion/Mild Traumatic Brain Injury' and the text 'Guidance for Primary Care Management in Deployed and Non-Deployed Settings'.

Resources for Health Care Providers: Traumatic Brain Injury

MANAGEMENT OF SLEEP DISTURBANCES FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUPPORT TOOLS

Product Description:

- Provides guidance regarding assessing and managing sleep disturbances associated with mild traumatic brain injury and includes specific recommendations for helping service members and/or veterans in both deployed and non-deployed settings manage symptoms of insomnia, circadian rhythm sleep-wake disorder and obstructive sleep apnea

Additional Information:

- Download/Order: <http://dvbic.dcoe.mil/resources/management-sleep-disturbances>

Audience:

- Health care providers, specifically sleep specialists

Format:

- Clinical support tools



MILD TRAUMATIC BRAIN INJURY POCKET GUIDE (CONUS) AND MOBILE APPLICATION

Product Description:

- Quick reference concussion screening tool on the assessment, treatment and management of patients with mild TBI and related symptoms stateside

Additional Information:

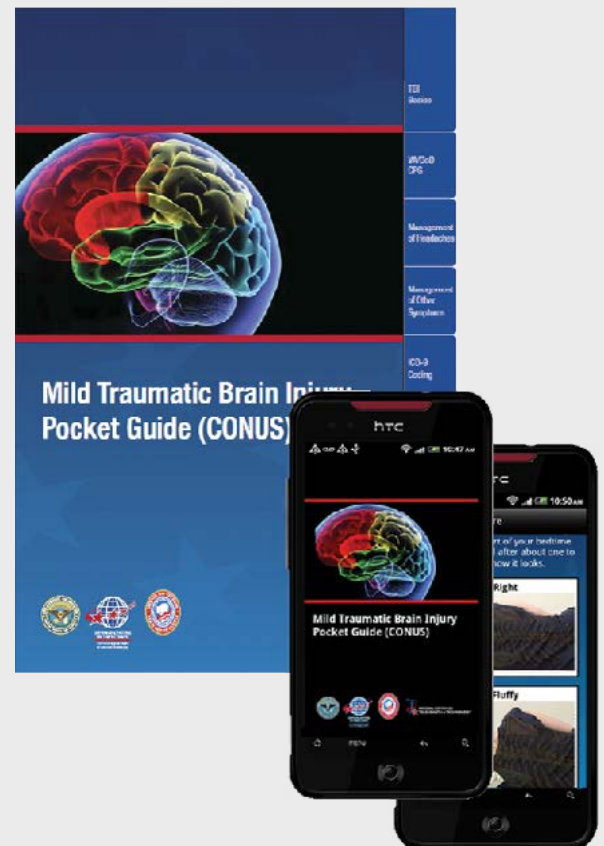
- Download PDF/Order: <https://dvbic.dcoe.mil/material/mtbi-pocket-guide-and-mobile-application>
- Download App:
 - Google Play: <https://play.google.com/store/apps/details?id=org.t2health.mtbi>
 - iTunes: <http://itunes.apple.com/us/app/mtbi-pocket-guide/id479348842>

Audience:

- Health care providers

Format:

- Pocket guide, Android and iOS



Resources for Health Care Providers: Traumatic Brain Injury

MILITARY TBI CASE MANAGEMENT QUARTERLY NEWSLETTER

Product Description:

- Provides information and resources for those caring for service members with TBI and their families
- Spotlights TBI case management excellence to identify and share best practices across the military community

Additional Information:

- Website: <http://dvbic.dcoe.mil/case-management-resources>

Audience:

- Health care providers and TBI case managers

Format:

- Newsletter

The screenshot shows the cover of the "Military TBI Case Management Quarterly Newsletter" from the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury. The cover features a blue header with the organization's name and logo. Below the header, the title "Military TBI Case Management Quarterly Newsletter" is prominently displayed, along with the subtitle "TBI Case Management Community of Interest". The main content area is divided into two columns. The left column, titled "Contents", lists eight items: 1. Quarterly Highlight: VA/DoD Collaborative Case Coordination Symposium; 2. Call for TBI Case Manager Nominations; 3. ICD-10 TBI Coding Guidance; 4. Sleep Issues and Soldiers' Health; 5. DCoE Summit Sessions Online; 6. TBI RSP at Landstuhl RMC; 7. 7 TBI Resources to Take Back to School; 8. DCoE/DVBC Webinar Series; 9. Latest TBI Numbers. The right column, titled "Quarterly Highlight", features the article "VA Hosts Model Event for Regional TBI Care Coordination" by Mary Ellen Krutz, Outreach Specialist, TBI Recovery Support Program, DVBC. The article describes a symposium at the Hunter Holmes McGuire VA Medical Center in Richmond, Virginia, hosted by the Department of Veterans Affairs (VA) and the Department of Defense (DoD). It focuses on improving access to appropriate services for traumatic brain injury (TBI) care of service members, National Guard and reserve components, and veterans. The symposium aimed to promote and enhance interagency communication, networking, and collaboration within the mid-Atlantic region. The program format and agenda serve as a potential model to be replicated in other regions of the VA TBI/Polytrauma System of Care. The cover also includes an "Interactive Customer Evaluation" box with the ICE logo and a "Continued on page 5" indicator. At the bottom, there is an "About the Newsletter" section, social media icons for Facebook, Twitter, YouTube, and LinkedIn, and contact information for the DCoE Outreach Center.

NEUROCOGNITIVE ASSESSMENT TOOL CLINICAL RECOMMENDATION

Product Description:

- Provides background of pre-deployment neurocognitive testing and the use of automated neuropsychological assessment metrics

Additional Information:

- Download: <https://dvbic.dcoe.mil/material/indications-and-conditions-theater-post-injury-neurocognitive-assessment-tool-ncat-testing>

Audience:

- Health care providers and TBI case managers

Format:

- Clinical recommendation

The screenshot shows the "DCoE Clinical Recommendation" document for "Indications and Conditions for In-Theater Post-Injury Neurocognitive Assessment Tool (NCAT) Testing". The document is published by the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury. The main heading is "Indications and Conditions for In-Theater Post-Injury Neurocognitive Assessment Tool (NCAT) Testing". Below this, the document is divided into sections: "INTRODUCTION AND BACKGROUND", "Baseline or pre-deployment ANAM testing", "There is general consensus that a subset of EMs diagnosed with concussion may benefit from post-injury NCAT testing.", "The following Clinical Recommendations are intended to offer guidance to providers regarding the effective use of NCAT testing following a TBI.", "CLINICAL RECOMMENDATIONS", and "REVISED | MAY 11". The document provides detailed information about the use of the Neurocognitive Assessment Tool (NCAT) for service members with traumatic brain injury (TBI). It discusses the background of the tool, the importance of baseline or pre-deployment ANAM testing, and the clinical recommendations for its use in theater. The recommendations include that post-injury assessment with ANAM should be considered as one component of a comprehensive evaluation and that post-injury NCAT testing should only be used as one component of a thorough clinical evaluation by a qualified provider. The document also mentions that ANAM should only be administered in a quiet, comfortable setting with no distractions.

TELEHEALTH AND TECHNOLOGY WEB RESOURCE LOCATOR WEBSITE

Product Description:

- Offers access to the Defense Department, Department of Veterans Affairs and community resources to support ongoing care for families coping with TBI and associated psychological health concerns
- Website offers links to websites, locations, hotlines and other resources covering more than 40 topics

Additional Information:

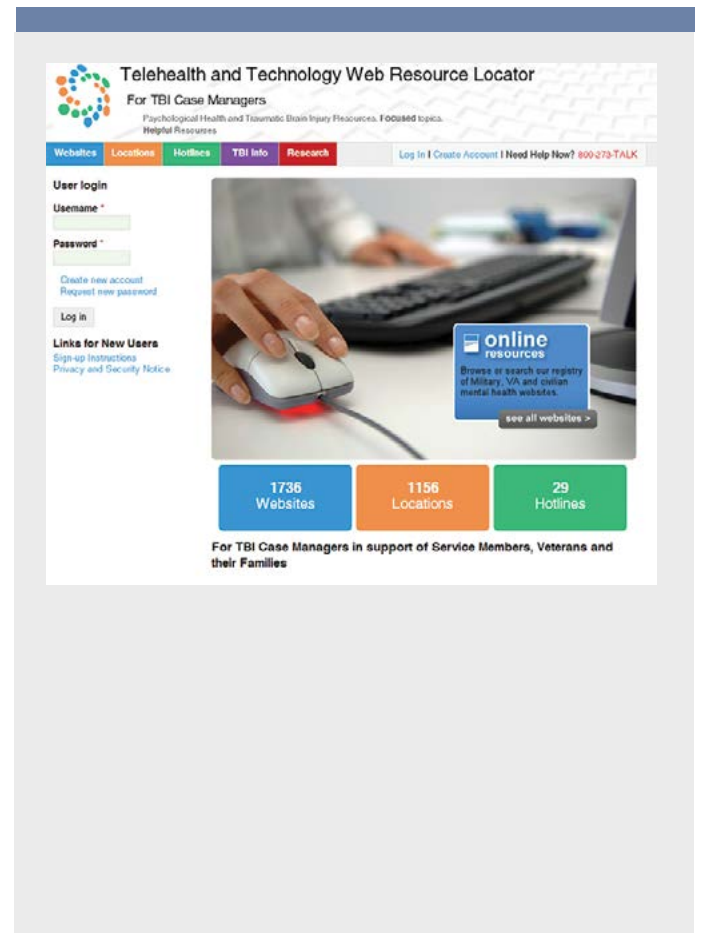
- Website: <https://twrl.dcoe.mil>


Audience:

- TBI case managers

Format:

- Website





Released October 2016 | Reviewed September 2016
by the Defense Centers of Excellence for Psychological Health and
Traumatic Brain Injury Center. This product is reviewed monthly
and is current until superseded. **800-510-7897 • dcoe.mil**
PUID 2633

